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Tuesday

911 Tapes Detail Gates Arrest

Woman did not mention black suspects in call to police

CAMBRIDGE, MASS. | A Cambridge police sergeant who responded to a 911 call about a possible break-in at the home of black Harvard scholar Henry Louis Gates Jr. told dispatchers that Gates was being uncooperative and to "keep the cars coming." Another voice can be heard in the background of the transmission, but it is unintelligible and unclear if it is Gates.

Cambridge police released recordings of police radio transmissions and of the

911 call Monday after more than a week of controversy over Gates' July 16 arrest on a disorderly conduct charge. The charge was dropped, but the encounter sparked a national debate about racial profiling.

In the 911 recording released Monday, caller Lucia Whalen tells police she saw two men pressing on the door of a home but says she is unsure whether the men live there or if they were trying to break in. She said she saw two suitcases on the porch.



Gates

"I don't know if they live there and they just had a hard time with their key. But I did notice they used their shoulder to try to barge in and they got in. I don't know if they had a key or not, cause I couldn't see from my angle," said

Whalen, who does not mention the race of the men she saw until pressed by a dispatcher to describe them. At that point, she said one of the men may have been Hispanic. (AP)



KEVORK DJANSEZIAN/GETTY IMAGES

Police continue to investigate Jackson's death.

Deadly Drug: Source links doctor to Jackson's death | **3**

Imperfect 10: Redskins' Snyder marks milestone | **13**



Game Plan:

How to lose (weight) at the ballpark | **FIT**

lookout

Girl Talk:

Queen Latifah reps the ladies with a new hip-hop album. Plus, the complete 'Battlestar Galactica.'

>> **27-35**



U.S. Opens Crucial Talks With China



J. SCOTT APPLEWHITE/AP

A NEW DIRECTION: Treasury Secretary Timothy Geithner, right, reaches out to Chinese Vice Premier Wang Qishan, who was walking the wrong way to a meeting during key economic talks in Washington Monday. President Obama said the discussions could lay the groundwork for a new era of cooperation.



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TUESDAY
92/73



WEDNESDAY
90/71

eyeopeners

MURDEROUS

Monster Truck Foiled Again

A Lebanon, Maine, rescue department volunteer struck by a monster truck at a mud race avoided serious injuries, thanks to a cocoon of mud. The driver lost control of her truck Sunday at the Go Deep Mud contest when the throttle became stuck. The truck struck the EMT and knocked him flat on his back. The EMT sank so far into the mud that only his face was showing, and the truck's 35-inch tires passed on either side of him. When the throttle came unstuck and the truck came to a stop, the EMT was able to crawl out on his own and walk to an ambulance. (AP)



AGENDA

Steal Cars, Maintain Sun-Kissed Glow

Police in Mississippi say a woman was carjacked by a bikini-clad suspect, who later tried to rob an RV dealership. Police said the suspect appeared to be under the influence of drugs or alcohol. She was charged with carjacking and assault. (AP)



STRATEGY

Denial Is the Best Defense

Colorado Springs police say a McDonald's worker foiled an armed robbery in the drive-through lane just by closing the window. Two men ordered a drink in the drive-through at about 3 a.m. Monday, and when they pulled up to the window, two other men walked up, pulled a gun and demanded money. When the employee closed the window, the men all left. (AP)

JUDGMENT

“To ease the climate and help everyone relax, I went ahead and jumped.”

— **BRENDA WELLS**, THE EX-PRINCIPAL OF A WEST VIRGINIA HIGH SCHOOL, FIRED FOR JOINING A STUDENT DOG PILE. “I LOOKED LIKE A GIANT BEACH BALL,” SHE SAID.



PAT AUKERMAN/MIDDLETOWN JOURNAL/AP

WELCOME

Midwest Transplant Greeted Poorly

Hamilton, Ohio, Police Sgt. Craig Bucheit captured a 3 1/2-foot-long alligator spotted by a fisherman on Saturday near the Great Miami River. The officer used a snare police typically use to catch dogs to take the reptile into custody. The gator was turned over to a wildlife rescue group. Alligators are usually found in bodies of water in the southern United States, but they occasionally turn up in northern states — sometimes after being turned loose by pet owners. It's not known how this alligator wound up in Ohio. Bucheit says he learned a lot in the police academy but nothing about “gator wrangling.” (AP)



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Jackson's Death Tied To Doctor

Source says physician administered drug that killed pop singer

LOS ANGELES | A law enforcement official with knowledge of the investigation into Michael Jackson's death says the pop star's personal doctor administered the powerful drug that authorities believe killed him.



Murray

Jackson regularly received the anesthetic propofol to go to sleep. The official, who requested anonymity because the probe is ongoing, told The Associated Press on Monday that Dr. Conrad Murray gave Jackson the drug the last night of his life.

Murray was with Jackson when he died June 25 and has been identified in court papers as the subject of a manslaughter investigation.

Murray's lawyer has said the doctor didn't prescribe or administer anything that should have killed Jackson. (AP)

Sources: Health Deal Taking Shape

Dem, GOP senators look for compromise, but future uncertain

WASHINGTON | After weeks of secretive talks, a bipartisan group in the Senate edged closer Monday to a health care compromise that omits a requirement for businesses to offer coverage to their workers and lacks a government insurance option that President Obama favors, according to numerous officials.

Like bills drafted by Democrats, the proposal under discussion by six members on the Senate Finance Committee would bar insurance companies from denying coverage to any applicant. Nor could insurers charge higher premiums on the basis of pre-existing medical conditions.

Senate officials stressed that no agreement has been reached and said there is no guarantee of one. They also warned that numerous key issues remain to be settled, including how to pay for the legislation. They spoke on condition of anonymity, saying they were not



Sen. Max Baucus, D-Mont., left, talks with Sen. Mike Enzi, right, R-Wyo., at a meeting on July 23 about health care legislation.

authorized to discuss the talks.

They said any legislation that emerges is expected to provide for a nonprofit cooperative to sell insurance in competition with private industry, rather than giving the federal government a role.

Officials also said a bipartisan compromise would not subject companies to a penalty if they

declined to offer coverage to their workers. These businesses would be required to reimburse the government for part or all of any federal subsidies designed to help lower-income employees obtain insurance on their own.

The senators involved in the negotiations are all members of the Senate Finance Committee

and include Sen. Max Baucus, D-Mont., the chairman; and Sen. Chuck Grassley, R-Iowa, the senior Republican. Others participating are Democratic Sens. Kent Conrad of North Dakota and Jeff Bingaman of New Mexico, and Republicans Olympia Snowe of Maine and Mike Enzi of Wyoming.

DAVID ESPO (AP)



OBSESSIONS Glorious Spectacles An Illinois man is accused of stealing more than \$45,000 worth of eyeglasses from Milwaukee stores because he enjoys being around eyewear. Jerry Lowery, 38, is charged with three counts of armed robbery and one count of fleeing an officer. Prosecutors say Lowery walked into three shops between April and July and said he had a gun. The criminal complaint quotes Lowery as saying he "really likes to be around glasses." He told investigators he tries them on in front of a mirror and then discards them. (AP)

Allergies?

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In addition, Bunning and fellow Kentucky Sen. Mitch McConnell have traded barbs for months. McConnell is the Senate Republican leader, and he has made it clear he would like his colleague to retire. (AP)

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Nation

Life Term for U.S. Man in Al-Qaeda

NoVa native joined group in '02, talked of killing President Bush

ALEXANDRIA, VA. | A U.S. man who became an al-Qaeda terrorist while attending college in Saudi Arabia and plotted to assassinate then-President George W. Bush was defiant Monday as he was sentenced to life in prison.

An appeals court had overturned the original 30-year sentence for Ahmed Omar Abu Ali, 28, who grew up in Falls Church, Va. He was convicted in 2005 of joining al-Qaeda while studying in Saudi Arabia in 2002. Abu Ali met with top al-Qaeda leaders and discussed establishing a sleeper cell in the United States.

"I would like to remind you that you, too, will appear before the divine tribunal with me and everyone else," he said in a brief statement to U.S. District Judge Gerald Bruce Lee. "That day there



The son of Omar Abu Ali, right, was sentenced to life in prison on Monday.

will be no lawyers. ... If you are comfortable with that, you can decree what you will."

Last year, the 4th U.S. Circuit Court of Appeals ordered a new sentencing hearing, saying Lee's original sentence was too lenient. Lee said Monday the new sentence takes into account that Abu Ali has never renounced al-Qaeda or terrorist activities, and that he could be a threat to the American public if released. MATTHEW BARAKAT (AP)

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Department of Health and Human Services

Israel Hardens Its Stance vs. Iran

Barak says his nation would do anything to thwart nuclear threat

JERUSALEM | Israel hardened its insistence Monday that it would do anything it felt necessary to stop Iran from getting a nuclear bomb, just the ultimatum the United States hoped not to hear as it tried to nudge Iran to the bargaining table.

U.S. Defense Secretary Robert Gates reassured Israel that the new Obama administration was not naive about Iran's intentions, and that Washington would press for new, tougher sanctions against the Iranians if they balk. He didn't say what those might include.

Israeli Defense Minister Ehud Barak used a brief news conference with Gates to insist three times that Israel would not rule out



Defense Secretary Robert Gates, left, listens to Israeli Defense Minister Ehud Barak during a press conference about Mideast peace talks in Jerusalem Monday.

any response — an implied warning that it would consider a pre-emptive strike to thwart Iran from obtaining nuclear weapons.

"We clearly believe that no

option should be removed from the table," Barak said. "This is our policy. We mean it. We recommend to others to take the same position, but we cannot dictate it."

The question of how to deal with Iran's rapid nuclear advancement has become a notable public difference between the new administrations in Jerusalem and Washington, despite overall close relations. Israel considers itself the prime target of any eventual Iranian bomb.

Iran says it is merely trying to develop nuclear reactors for domestic power generation. Israeli leaders fear the U.S. prizes its outreach to Iran over its historic ties to Israel and appears resigned to the idea that Iran will soon be able to build a nuclear weapon.

Obama says he has accepted no such thing. Still, the United States argues that an Israeli attack against Iran would upset the fragile security balance in the Middle East, perhaps triggering a new nuclear arms race and leaving everyone worse off. ANNE GEARAN (AP)



SUMMER OLYMPICS 1,095 Days to Go Organizers of London's 2012 Olympic Games on Monday marked three years before the start of the competition with a successful seven-minute test of the Javelin high-speed train that will carry people to the main Olympic site. Olympics Minister Tessa Jowell said the three-mile, 140 mph journey "bodes very well indeed" for 2012, when the train service is expected to transport up to 25,000 visitors per hour from St. Pancras International station in central London to the Olympic Park.



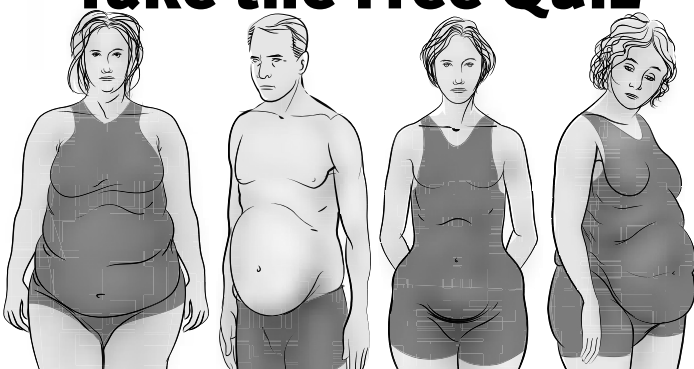
Islamist cleric Sufi Muhammad, shown in April, is being detained in Pakistan.

Pakistan Detains Islamist Cleric Over Peace Deal

PESHAWAR, PAKISTAN | Pakistani authorities are detaining for one month an Islamist cleric who brokered a failed peace deal with the Taliban in the Swat Valley to investigate whether he inappropriately aided the militants, officials said Monday.

Sufi Muhammad was arrested Sunday, indicating the government won't try to strike another peace deal with Taliban fighters in the northwest valley, where the army has waged a three-month offensive. (AP)

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World



A Marine and a dog help the Afghan National Army search compounds for insurgents in Helmand, Afghanistan, on Monday.

Karzai Offers Taliban Talks

Afghan leader urges new relationship with West if he is re-elected

KABUL | A confident President Hamid Karzai on Monday offered peace talks to Taliban militants if they renounce violence and called for a new relationship with the West if he wins a second term in next month's presidential election.

Karzai is considered the favorite in the Aug. 20 vote. But his chances could hinge on his fellow Pashtuns in the turbulent south and east, where U.S. and British

forces this month have suffered some of their highest casualties of the eight-year war.

In an interview with The Associated Press in his modest office, Karzai reached out to disaffected Pashtuns, calling for a dialogue with Taliban members who are not affiliated with al-Qaeda and who are willing to repudiate violence "and announce that publicly."

But the president said he was not yet prepared to discuss the key Taliban demand — a timetable for the withdrawal of all foreign troops — because he contends their presence is in the national interest.

"The Afghan people still want a fundamentally strong relation with the United States," Karzai said. Nevertheless, Karzai said the U.S. and NATO presence must be based on a partnership where "the partners are not losing their lives, their property, their dignity as a consequence."

Karzai's offer of talks with the Taliban was echoed Monday by British Foreign Secretary David Miliband, who said in a speech at NATO headquarters that Taliban fighters should be given the opportunity "to leave the path of confrontation with the government." (AP)

U.S. Ends Insurgent Death Counts

Military says releasing tolls distracts from protecting Afghans

KABUL | The U.S. military in Afghanistan has stopped releasing body counts of insurgents thought killed in operations because the tolls distract from the U.S. objective of protecting Afghans, a spokesman said Monday.

The number of insurgents killed in Afghanistan has provided a bloody scorecard for the

2,310

The approximate number of insurgents who have been killed in 2009, according to figures collected by The Associated Press.

deteriorating conflict. Attacks by Taliban fighters have risen steadily the last three years, and militants now control wide swaths of countryside.

Nearly 3,800 insurgents were killed in 2008, based on figures collected by The Associated Press.

Some of those numbers came from U.S. military statements; others came from Afghan authorities.

The U.S. military policy on releasing insurgent body counts has changed several times during the eight-year conflict, depending on the commander in charge.

The latest decision to stop releasing body counts was made in mid-June when Gen. Stanley McChrystal took command of all U.S. and NATO troops in the country, said spokesman Col. Greg Julian. FISNIK ABRASHI (AP)

Rights Watchdog Awards Highest Honor to Suu Kyi

YANGON, MYANMAR | Democracy leader Aung San Suu Kyi of Myanmar has won Amnesty International's highest award for her defense of human rights, underscoring international support for the Nobel laureate whose trial ends Tuesday.



Suu Kyi

She is widely expected to be convicted of violating the terms of her house arrest and faces a possible five years in prison, although there has been speculation she may stay under house arrest.

Neither international outrage nor offers of closer ties with the U.S. appear to have deflected the junta's determination to neutralize — if not imprison — Suu Kyi.

Human rights watchdog Amnesty International gave Suu Kyi, 64, its Ambassador of Conscience Award hoping the honor would deter the junta from imposing new punishments on her. (AP)

Nigeria Violence Leaves 55 Dead

Islamist sect launches attacks on police in three northern towns

ABUJA, NIGERIA | Islamist militants seeking to impose a Taliban-style regime in northern Nigeria launched attacks Monday on police in three towns, expanding a two-day campaign of violence that has killed at least 55 people, police and witnesses said.

The trouble began Sunday when militants attacked a police station in Bauchi, leaving dozens dead in gunbattles with police. On Monday, militants launched a wave of attacks in three more states, targeting the towns of Maiduguri, Damaturu and Wudil in the predominantly Muslim north, police and residents said.

National police chief Ogbonnaya Onovo put the overall toll at



Islamist militants sit after being arrested during clashes with police in Bauchi, Nigeria, Sunday. Police said at least 55 people have died in two days of violence.

55 dead at least — 50 militants and five police officers.

Nigeria has been sporadically wracked by sectarian clashes since 12 of the country's 36 states began adopting Islamic law in 1999.

The radical sect known as Al-

Sunna wal Jamma, or "Followers of Mohammed's Teachings" in Arabic, comprises mainly young Nigerians who want to create a Taliban-style state based on a strict interpretation of Shariah Law and the Koran. The group first

“This is a fanatical organization that is anti-government, anti-people. We don't know what their aims are yet.”

— OGBONNAYA ONOVO
NIGERIAN POLICE CHIEF

came to prominence with a wave of similar assaults on New Year's Eve 2003. More attacks followed in late 2004, but little has been heard about the sect since.

Residents in the north also refer to the Islamists as "Boko Haram," which means "western education is sin" in the local Hausa dialect. Onovo referred to the militants as Taliban, though the group has no known links to Taliban fighters in Afghanistan. BASHIR ADIGUN (AP)



RESCUES Marine Strife A dolphin off the coast of New Zealand's North Island got a swimmer in over her head on Sunday after it refused to let her return to shore, the Gisborne Herald said Monday. The dolphin, named Moko, had been swimming with a woman who asked not to be named. "We were playing around for a while, but then when I wanted to go back in, he just wanted to keep playing. I became exhausted and started to panic," the woman said. She clung to a buoy before being rescued by people who heard her screams from the beach.

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Closing Arguments in Jacks Trial

Lawyer: Odd actions don't mean mother killed her daughters

The lawyer for Banita Jacks told a D.C. Superior Court judge on Monday that his client might be guilty of child neglect and that living with the decomposing bodies of her four daughters was odd, but that behavior does not equate to murder.

In his nearly 90-minute closing argument, Peter Krauthamer, of the District's Public Defender Service, argued that the government failed to prove that Jacks killed her children.

"The behavior in that house defied logic, common sense and even that of a demented or delusional being. But it proves nothing," Krauthamer said. "There was neglect in this case. But there wasn't child abuse or cruelty."



D.C. police remove from Banita Jacks' house one of four bodies found there on Jan. 9, 2008. Jacks is accused of killing her four daughters, ranging from 5 to 16.

But Assistant U.S. Attorney Michelle Jackson argued that Jacks "systematically" isolated herself and her girls from other family members, their school,

neighbors and friends, as part of her plan to weaken them through starvation and then kill them with the hope that their bodies would never be found.

Jackson said the girls' death was part of larger scheme that included torture, cruelty, mistreatment and atrocities. "The murders were the climax. The final finale."

“The behavior ... defied logic. There was neglect. ... But there wasn't child abuse or cruelty.”

PETER KRAUTHAMER, D.C. PUBLIC DEFENDER FOR BANITA JACKS

On Jan. 9, 2008, federal marshals descended on Jacks' two-story home in the 4200 block of Sixth Street SE to carry out a standard eviction. When they got inside, they found the bodies of her four daughters, ages 5 to 16, in two upstairs bedrooms. KEITH L. ALEXANDER (THE WASHINGTON POST)

Feds Open Probe of Barry Case

Federal law enforcement officials have opened a preliminary investigation into D.C. Council member Marion Barry, D-Ward 8, after news reports that he gave a contract to a girlfriend and allegations he steered city grant money to nonprofit organizations that appeared to be run by members of his staff.

A federal law enforcement source described the investigation as a preliminary examination of information that has emerged in media accounts about Barry's handling of contracts and nonprofit groups. Federal authorities are not sure any crime has been committed but think they would be remiss if they did not examine such questionable practices, the source said.

Barry's attorney, Fred D. Cooke, said he was not aware that federal investigators were looking into matters involving his client. TIM CRAIG AND DEL QUENTIN WILBER (THE WASHINGTON POST)



AIRPORTS Nickels, Dimes Accepted The first half-hour of parking at BWI Airport is no longer free. Starting last Monday, Baltimore-Washington International Thurgood Marshall Airport began charging \$2 for the first half-hour. The free half-hour allowed people to pick up passengers arriving at the airport and help carry bags into the airport for those taking a flight without paying for parking. Spokesman Jonathan Dean says the airport still has a lot for drivers who are waiting to pick up passengers. (AP)

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Fenty May Divert Ballpark Tax to General Fund

WASHINGTON | Mayor Adrian Fenty is planning to divert millions of dollars from the ballpark tax to reduce the city's deficit.

The Ballpark Revenue Fund is intended to pay down the debt on Nationals Park. But Fenty's revised 2010 budget shifts \$50 million from it to the general fund over the next four years.



Fenty

The move has angered many medium- and large-business owners. They pay an annual tax on gross receipts for the ballpark fund.

The D.C. Chamber of Commerce is fighting the plan, which the D.C. Council is set to vote on Friday. (AP)

The Lotteries

Monday, July 27

DISTRICT

Mid-day Lucky Numbers	4-1-9
Evening Lucky Numbers (Sun.)	8-4-6
Mid-day DC 4	4-5-3-0
Evening DC 4 (Sun.)	8-1-6-6
D.C. Five (Sun.)	8-5-3-5-4
Daily 6 (Sun.)	2-3-10-11-25-29 (39)

MARYLAND

Mid-day Pick 3	2-3-6
Evening Pick 3 (Sun.)	3-4-5
Mid-day Pick 4	5-2-4-7
Evening Pick 4 (Sun.)	2-9-0-5
Match 5 (Sun.)	10-13-26-27-35 (6)

VIRGINIA

Mid-day Pick 3	2-7-4
Evening Pick 3 (Sun.)	0-0-7
Mid-day Pick 4	1-5-2-6
Evening Pick 4 (Sun.)	5-8-5-2
Mid-day Cash 5 (Sun.)	2-12-18-27-32
Evening Cash 5 (Sun.)	1-11-14-24-31

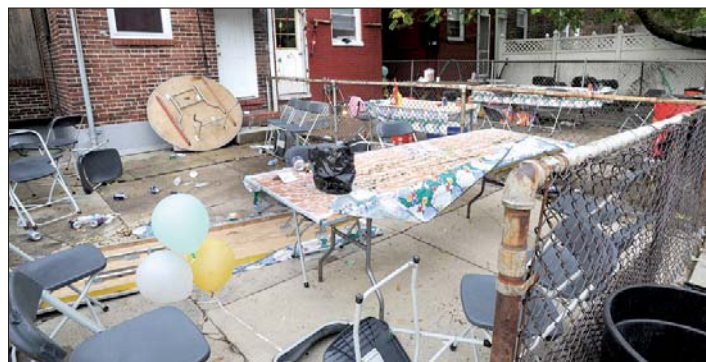
All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

12 Hurt in Md. Cookout Shooting

Police: Violence was related to Baltimore drug gang rivalry

BALTIMORE | A gunman burst into a backyard cookout held in the memory of two men who'd been fatally shot a year earlier, wounding 12 people in a shooting police say was sparked by a gang feud, Baltimore police said Monday.

In all, 16 people were shot in a



A gunman opened fire at a cookout in this backyard in Baltimore Sunday night.

period of about three hours on Sunday night, police said. A pregnant 23-year-old and a 2-year-old girl were wounded at the cookout, but they were expected to recover.

Two men were killed in one of the later shootings, but it was apparently unrelated to the cookout shooting and a drive-by shooting three hours later were both related to a long-running feud between rival drug gangs, police said. (AP)

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Signs Point to Rebound in Housing

Home sales surged in June by the biggest margin in eight years

WASHINGTON | New home sales in June posted the fastest increase in more than eight years as buyers took advantage of bargain prices, low interest rates and a federal tax credit for first-time homeowners.

While home prices are still falling, the figures released Monday were another sign the housing market is finally bouncing back. Earlier this month, the government reported that new home construction rose to the highest level since last fall. And data out last week



Home prices continue to fall, but higher sales figures suggest the market is rebounding.

showed home resales rose almost 4 percent in June.

“The worst of the housing recession ... is now behind us,” said

David Resler, chief economist at Nomura Securities.

“The worst of the housing recession ... is now behind us.”

—DAVID RESLER
ECONOMIST AT NOMURA SECURITIES

New home sales rose 11 percent in June to a seasonally adjusted annual rate of 384,000, from an upwardly revised May rate of 346,000, the Commerce Department reported Monday.

June’s results were the strongest sales pace since November 2008 and exceeded the forecasts of economists surveyed by Thomson Reuters, who expected a pace of 360,000 units. ALAN ZIBEL (AP)

Task Force Head Says Auto Stock Will Be Sold Off

DETROIT | The federal government plans to sell its shares in General Motors Co. and Chrysler Group LLC as soon as it can, the head of



Bloom

the autos task force told a congressional panel Monday.

“We are very eager to dispose of them as soon as possible,”

said Ron Bloom, chairman of the Treasury Department task force overseeing GM and Chrysler. “On GM, our expectation is a GM IPO in 2010.”

Bloom said the government would not sell all of its shares at initial public offerings as it could get more money following an IPO should shares of the company rise. (AP)

30 THE PERCENTAGE OF Americans in a new Gallop poll who say the Federal Reserve is doing an excellent to good job, the lowest score given for any of the nine government agencies included in the survey. The Centers for Disease Control and Prevention topped the poll with 61 percent of poll respondents rating the agency excellent to good. NASA and the FBI tied for second place at 58 percent each. The poll was conducted July 10-12. (AP)



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Entrepreneur
(1867-1919)



Abraham Lincoln
16th President
(1809-1865)



Sara Jones
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(Present day)

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It's First and 10 for Snyder

The Redskins owner reflects on his first decade at the helm

REDSKINS | Dan Snyder's shirt was soaked and his appetite was voracious, both the result of watching his Washington Redskins go through a practice in humid Northern Virginia heat. A nice spread of Thai food awaited him in his stylish office, along with a chance to reflect on his 10 years as one of the most scrutinized owners in the NFL.

Inside the room were two Redskins employees. Snyder nodded

“I was just an eager young guy, and now I'm 'seasoning.' And I've enjoyed probably the last five, six years the most.”

toward one of them. “He's 34 years old over here. He's probably too young to own a team,” Snyder said. “Maybe I was originally, as well.”

Snyder was 34 when, a decade ago this month, he became the youngest majority owner in the league. He instantly became a lightning rod for controversy, trying to shake up things before learning the business.

Buoyed by an NFC East title in his first season, Snyder overspent for players, turned training camp into a circus by charging admission and fired a coach who had a winning record with three games left — all within his first two years at the helm. So now, when asked why people love to pick on him, he didn't have to think hard to come up with a humbling answer.

“I made some early, very silly mistakes, whether it be firing Norv Turner during a season, or training camp, trying to make it something special and grandiose when, in reality, it's a family event,” Snyder said. “On the other hand,” he



Dan Snyder has been the face of the Redskins for a controversial decade, in which he has been vilified for the team's woes.

A REVOLVING DOOR | 10 YEARS, SIX COACHES



NORV TURNER
(1994-DEC. 4, 2000)
Turner was the head coach before Snyder bought the team in 1999. After leading the team to an NFC East title in 1999, he was fired with a winning record, 7-6, late in the 2000 season.



STEVE SPURRIER
(2002-2003)
Snyder made the college football guru the highest-paid head coach at the time. Spurrier will always have a preseason game in Osaka, Japan, to look back on fondly.



TERRY ROBISKIE
(DEC. 4, 2000)
After firing Turner, Snyder named Robiskie as the interim head coach to finish out the year. He had so much respect in the locker room Deion Sanders accidentally called him “Robinskie” once.



JOE GIBBS
(2004-2007)
Snyder turned back the clock by hiring the Hall of Fame coach. While Gibbs couldn't produce a Super Bowl run, he did make the playoffs twice, winning a postseason game in 2005.



MARTY SCHOTTENHEIMER
(2001)
Schottenheimer was a big-name hire who'd previously been critical of Snyder. After an 0-5 start, he finished 8-8, only to be fired due to a feud with the owner over personnel issues.



JIM ZORN
(2008-PRESENT)
Initially hired as offensive coordinator, Zorn's sudden promotion was a stunner. Equally surprising was a 6-2 start. The Redskins slumped down the stretch and finished 8-8.

added, “once that snowball started rolling, there's a festering effect.”

Snyder has changed both personally and professionally in 10 years. Before the interview, he talked about his three children. He's teaching his 7-year-old son how to fish, and the boy starts playing

76-84

The Redskins' overall record with Snyder as owner. They've made three playoff appearances in 10 years.

tackle football next month. His kids love art, and lot of hikes in Aspen are planned for this summer.

The Dan Snyder of 10 years ago was too busy trying to conquer the world in a day — or at least win the Super Bowl in a year — to engage in such banter.

“I was just an eager young guy, and now I'm 'seasoning,’” he said. “And I've enjoyed probably the last five, six years the most. The understanding for me is really developing.” JOSEPH WHITE (AP)

Swengali

REDSKINS | BY MATT SWENSON

Snyder Still Has Much to Learn

DAN SNYDER. No two words evoke such rage, contempt and frustration in Washington as the name of the Redskins' owner.

Reviled for so many years now, Snyder will probably have to win a championship to save his reputation at this point.

But at least that's one thing fans can't complain about: Snyder certainly wants to win. He just doesn't know how. Just as he doesn't seem to know how to treat people with respect.

At 34, he was young to be an NFL owner when he took over his

Hiring Gibbs brought stability and respectability, if not excellence, back to D.C.

favorite team 10 years, but that's no excuse for the mean-spirited attacks and ugly firings that became common at Redskins Park.

Snyder has matured. He and Joe Gibbs did the franchise proud with their actions after Sean Taylor's death. Hiring Gibbs brought stability and respectability, if not excellence, back to D.C.

But Snyder still prefers to throw his weight around with his mighty checkbook, overpaying free agents rather than building through the draft the way model organizations like the Steelers, Colts and Ravens have done.

Two playoff appearances in four years and an 8-8 record under Jim Zorn last year show Snyder has made progress. His second 10 years will show whether Snyder, the man and the owner, was prematurely declared a villain.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com



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Sports



Michael Vick is free to sign with an NFL team after Commissioner Roger Goodell reinstated him. But many teams are wary of Vick after his involvement in dogfighting.

NFL Gives Vick A Second Chance

QB gains conditional OK to play, if a team is willing to sign him

NFL | Michael Vick is back in the NFL. Now all he needs is a team to play for.

Vick, free after serving 18 months in prison for running a dog-fighting ring, was reinstated with conditions by NFL Commissioner Roger Goodell on Monday. He could participate in regular-season games as early as October.

Vick can immediately take part in preseason practices, workouts and meetings and can play in the final two preseason games — if he can find a team that will sign him.

Once the season begins, Vick

may participate in all team activities except games, and Goodell said he would consider Vick for full reinstatement by week 6 (Oct. 18-19) at the latest.

"I accept that you are sincere when you say that you want to, and will, turn your life around, and that you intend to be a positive role model," Goodell said in his letter to Vick. "I am prepared to offer you that opportunity. Whether you succeed is entirely in your hands."

Vick, once the NFL's highest-paid player, said he was grateful for a second chance. "I fully understand that playing football in the NFL is a privilege, not a right, and I am truly thankful for the opportunity I have been given," Vick said in a statement. **BARRY WILNER (AP)**

TODAY'S TV LINEUP

NATIONALS (8 P.M. ON MASN2) Can the Nats win their third series in a row when visiting the Milwaukee Brewers?

ORIOLES (7 P.M. ON MASN) Baltimore is grateful to face a team — the Kansas City Royals — not in the American

League East.

BASEBALL (8 P.M. ON WGN) The red-hot Houston Astros visit the Chicago Cubs.

WNBA (7:30 P.M. ON ESPN2) The first-place Phoenix Mercury visits the Connecticut Sun.

D.C. Tiptoes Toward CONCACAF

United has to decide whether Champions League is worth effort

UNITED | In most countries, qualifying for and excelling in international competition is a critical part of every team's mission. Notable players routinely angle to join clubs they think have a better chance to succeed on the continental and global stage.

But American soccer is different in many ways, and this is yet another. Here, the potential reward usually is matched by the burden, and coaches must decide whether it's worth the risk to com-

mit a limited roster to non-MLS competitions.

On Tuesday night at RFK Stadium, D.C. United will begin its 2009-10 CONCACAF Champions League campaign against El Salvador's L.A. Firpo. Just three days removed from a game in San Jose and two points above the play-off cutoff, D.C. potentially could play eight CCL games in the next three months. Last year, facing an unprecedented injury glut, Tom Soehn bagged the tournament and fielded reserves. United (6-3-10 in MLS) is faring better this season, and Ben Olsen said the team will monitor its commitment as the competition unfolds.



Ben Olsen on CONCACAF Champions League: "We respect this tournament."

"Frankly, [MLS] is set up so your second team in this tournament isn't good enough to win it," he said. "Our second team last year

wasn't the team to win that tournament. Right now we're better. We respect this tournament. We've won it before [1998]. It's a great benchmark to see how you're doing."

United qualified by winning last year's U.S. Open Cup and will be joined by MLS runner-up New York in the two-game preliminary round. Should they advance, they will join league champion Columbus and regular-season runner-up Houston in the 16-team group stage.

"A lot of times teams are out of it early, and they've got more important things on their plate. I think we're going to give this thing a good run and take each game how it plays out," Olsen said. BRIAN STRAUS

DA: Burress Will Serve Time 'by Trial or by Plea'

NEW YORK | Manhattan's district attorney says he wants former Giants wide receiver Plaxico Burress to serve time in prison, the New York Post reported.

Robert Morgenthau told the newspaper that Burress, who shot himself with an unlicensed gun in November, was willing to agree to spend a year in jail, but prosecutors insisted on two. "He's going to have to go to jail, whether by trial or by plea," Morgenthau said.

Burress' attorney, Benjamin Brafman, said he was "disappointed and surprised" that Morgenthau spoke out while a grand jury decision on Burress is pending. (AP)



Burress

BASEBALL Welcome Back? So far, it's just mulling. But the fact that the New York Daily News is reporting that Major League Baseball Commissioner Bud Selig is at least "seriously considering" the reinstatement of all-time hits leader Pete Rose is a reversal in its own right. Selig had previously vowed never to allow Rose, who received a lifetime suspension for gambling on games, back into baseball — allowing for his induction into the Hall of Fame. But legends such as Hank Aaron have lobbied Selig to change his mind.



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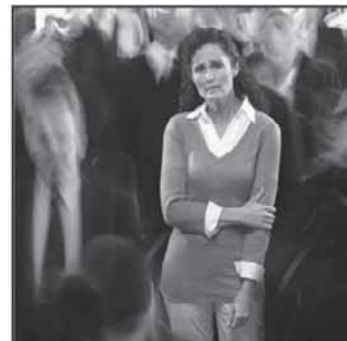
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Sports

ACC Eyes Respect on the Gridiron

Conference is in need of a national power to help its reputation

COLLEGE FOOTBALL | Greg Boone beamed Sunday when he showed off the bulky, glittering ring he earned last season for helping Virginia Tech win the Atlantic Coast Conference. Then the tight end wondered how heavy a national championship ring might be.

For the first time in awhile, it's not a stretch to think he and the Hokies could find out.

No, there's not quite as much laughing at the ACC these days. Not after the supersized league set an



Virginia Tech's Orange Bowl victory last year helped the ACC's football reputation.

HOKIES ON THE HOT SEAT

→ Virginia Tech is the overwhelming preseason pick to win a third-straight Atlantic Coast Conference championship. The Hokies earned 69 of 87 votes from media members at the ACC Football Kickoff preseason event in results released on Monday. (AP)

NCAA record last year by sending 10 teams to bowls, and not after its champion finally broke through to win a Bowl Championship Series game for the first time in nearly a decade. The league built on its basketball powerhouses is looking to take another step toward finally

becoming the football heavyweight many expected a few years back when it expanded to 12 teams.

"If you really step back and take a look at the conferences, a year ago, top to bottom, we may well have been the deepest conference in the country," commissioner John Swofford said. "What we didn't have is a team or two involved in the national championship race down the stretch, and I think that has a lot to do with how a conference is perceived competitively."

"Have a team or teams involved in the national championship race, as we move through the season, and win certain games outside of the conference," he added. "And when those things happen, I think, then our league will receive the kind of respect that I think it deserves." JOEDY MCCREARY (AP)

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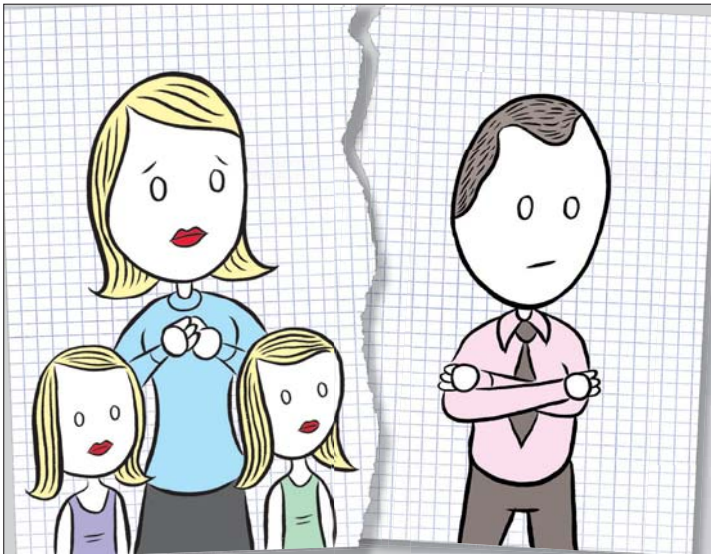
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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

How to Handle Post-Divorce Depression

Q I just can't seem to get on my feet again after my divorce. When we were splitting up, all kinds of things came out — I learned about a hidden bank account, major problems at work and lots of other stuff that he had kept from me. What bothers me most is that I always thought of him as a good father to our two daughters. But the way that he has handled this split has been devastating to them as well, and he has made no effort to make them feel like they are a priority. He has moved into an apartment very inconvenient for them to visit and never fought for joint custody. All of this has thrown me for a loop. I can't stop feeling like my whole marriage was a fraud and, after a



BENDEPENDENT.COM

year of being divorced, I want nothing to do with dating or with moving on. — CAN'T SHAKE THIS

It depends on what you mean by moving on. If you are expecting to have found Prince Charming —

or to just be nervously checking your teeth, preparing for a blind date with a possible facsimile of Prince Charming — then I will argue that that is not a good yardstick for moving on. What's most important is that you get to a place

where you feel decent, if not perfect, about yourself, and where you can be the type of mother and friend and human who you want to be.

I'm betting there's a strong possibility that you're at least somewhat depressed. It's an understandable reaction. You're not just ending a marriage, but you're mourning all you thought it was, and all it could have been. Don't be so hard on yourself about what you're supposed to feel and when. The added pressure will only make you feel worse. But you could really benefit from some added support in the form of therapy. It's not about meeting some benchmark someone else sets up, but about feeling how you deserve to feel.

Allow Therapy To Take Its Course

Q Why won't my teenage son's therapist (or my son) tell me what is going on in their sessions? He is seen for

depression and substance abuse issues. I know there's confidentiality, but I want you to be honest. If he chooses not to let me in on this, that's a bad thing, right?

— SOMETHING'S NOT RIGHT

Not necessarily at all. As long as you are sure that he is actually attending the sessions and that the therapist is competent, I'd urge you to try your best to give him space in this process. He needs to see you building your trust in him and having faith in his ability to get better.

By all means, if you have specific concerns, convey them to therapist, and make yourself available to them for whatever ways they might want you to be involved. But put away the crowbar. Intrusions and boundary violations are not the stuff of healing.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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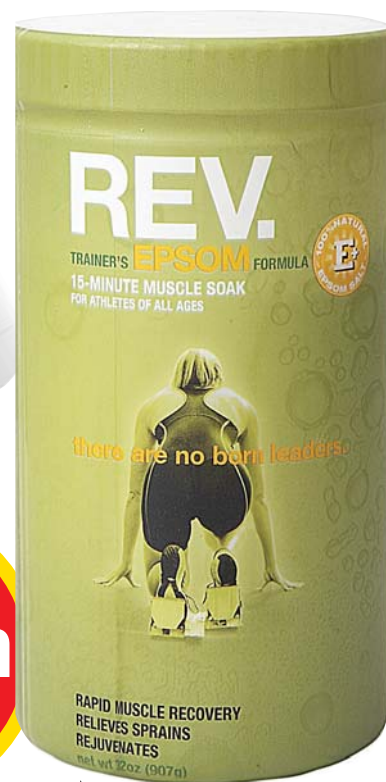
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GUINEA PIG



Swap Stinky For Cedar-Scented

■ Like a new car, new sneakers have a distinctive smell — one that doesn't reek of stale sweat. To keep that pleasant odor, you have two options: not exercise in them or slip in a pair of Stuffitts Shoe Savers (\$24.95, Stuffitts.com). The cedar inserts are encased in washable, foot-shaped covers (in your choice of color) and claim to suck out 80 percent of the moisture in your soles in just an hour.

For our test, we took a recently purchased pair of running shoes out in D.C. humidity for a long jog. The result: icky dampness. We inserted the Stuffitts in one and monitored the progress — in an hour, both shoes had mostly dried out. But only one smelled like a forest. VICKY HALLETT (EXPRESS)



WALK SHOW

So, you've signed up for the Breast Cancer 3-Day in October. Now what? Better pop in "Pink Ribbon Workouts" (\$9.99, ExerciseTV.com/pinkribbon), a series of stretches and strengthening moves designed to help you train to walk/run with less risk for injuries — and 10 percent of proceeds goes to Susan G. Komen for the Cure.



BLOW WORM

Can a worm save us from swine flu? Maybe if the invertebrate is Gerty Wormy (\$24.99 for a DVD and set of 25 sleeves, Gertywormy.com), a teaching tool for kids. The green fellow slips over their arms, and begs to be "fed" with their sneezes, hopefully, reducing the spread of disease.



BETTER WASH OUT

While wicking fabrics send moisture packing, they have a tendency to hold onto stench as a souvenir — unless you use a sport detergent. But eco-athletes had to suck up the funk until the recent release of Win Green (\$6.99, Amazon), a 100 percent biodegradable, hypoallergenic formula.



SUPER SOAKER

The most enjoyable part of exercise is the recovery — especially if it takes place in a bathtub. Make the soak count with REV Trainer's Epsom Formula (\$9.99, Cvs.com), a natural blend of geranium, rosemary, spearmint and eucalyptus that reduces inflammation and relieves cramps.

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OPENWIDE



Don't Down Beers — Down Dog!

■ Instead of Friday night cocktails, how about winding down from the workweek with a twist? And a shot at crow pose? That's the idea behind "happy hour" at **PAST TENSE** (3253 Mt. Pleasant Ave. NW; 202-462-9642; Pasttensestudio.com), a new studio (pictured above) that's scheduled its highest-energy class for the TGIF crowd. "We should take our practice seriously, not ourselves," explains owner/instructor Kelly DiNardo, who greets her students at 6:30 p.m. with a Top 40 soundtrack and bids them farewell an hour later, exhausted yet exhilarated.

EVOLVE (2024 P St. NW; 202-955-5555; Evolveyogadupont.com), another recent addition to the local studio scene, has a similar Friday night special. The 7 p.m. open-level class is purposely groovy. "I like to encourage a little boogie," says instructor Dahlia Shaaban. Rather than shoo everyone on home, students are invited to stick around afterward in the lounge — a cozy nook with couches and a small yoga library — for wine and small talk.

Evolve owner Leah Craft and DiNardo hope offerings such as these will promote a sense of community at the studios, which are both aiming to attract folks who've been too intimidated to roll out a mat before. And if price is a barrier, they both have beginner bargains, too: It's \$20 for three classes at Evolve or a 10-day unlimited pass at Past Tense. v.h.



Emily Spichal, in red, demonstrates the basic stance for Catwalk Confidence while holding a pair of dumbbells.

The Shoe Must Go On

Keep the heels in your wardrobe but banish back and knee pain

Podiatrists are generally known for wearing sensible shoes and wagging their fingers at anyone who dares to don stilettos. But Emily Spichal (just call her "Dr. Legs") slips into 4-inch heels every day — pain-free! — thanks to a program she's developed called Catwalk Confidence.

The petite blonde podiatrist regularly teaches classes in New York, and this summer, she's been visiting Washington Sports Clubs to spread the word about proper

posture and muscle development. She's strutting into town again this weekend (see Mysportsclubs.com for dates and locations).

What It Is

The goal of the class is to have you standing tall, but not because of any footwear. "I would lose my license to practice medicine if we squatted in heels," Spichal says. So, kick off your shoes and prepare for what she describes as "vertical Pilates." The focus is on posture, balance training, and strengthening the lower body and back — the areas that often ache if one totters around in heels too long. But even if your shoe collection is strictly flats (or you're male), Spichal says her program can give you a leg up.

“When you walk, there’s a point you’re in a single-leg stance, and, in a heel, that’s very unstable.”

Moves

Forget about standing on two legs. In Catwalk Confidence, the basic stance requires balancing on one foot with a slight bend in the knee. "If your leg is straight, the ligaments are holding you, not your muscles," Spichal explains. Performing the mini one-legged squats immediately engages your core and forces those little muscles around the foot to work harder to

keep you upright. Plus, there's a practical reason for returning to this position: "When you walk, there's a point you're in a single-leg stance, and, in a heel, that's very unstable."

Your shoulders have a job, too. They should be pulled back, encouraging your chest to open. Then it's on to the actual exercises. Wondering why two towels are required props? Well, one's there to wipe the sweat from your brow and the other one's there to create it. Spichal has students place the towel under one foot so they can glide along the studio floor to perform quick reps — think rapid-fire curtsy squats. It's a low-impact way to sneak cardio into the workout.

Workout

Just holding that basic stance can be challenging, says 20-year-old Emilie Openchowski, who attended one of Spichal's last round of D.C. workshops. "That definitely worked muscles I don't usually use," she says. Add dumbbells to the equation (like in the photo), and there's no way to avoid the burn. It reminded attendee Stephanie Robinson, 39, of a yoga class, but "faster and more dynamic" because of the way the entire body needs to work together to pull off the exercises. Spichal also has students spend plenty of time in downward-facing dog while rolling up and down on the balls of their feet because it stretches out the calves.

Results

The workshop provides an intro to Spichal's method, but it can't get into everything she promotes, such as standing on golf balls. Seriously. She's training local instructors to start up weekly classes in the fall, and the plan is to have those end with a five-minute "runway" show like she does in New York. "The women put on high heels, they walk, and I evaluate their posture," she says. Sounds like the heel-ing process can't happen overnight.

VICKY HALLETT (EXPRESS)



KEVIN DIETSCH

Skinny Steins

Most light beers save only about 20 to 50 calories per bottle — and some even outweigh regular beers. It's mostly marketing, says Garrett Oliver, Brooklyn Brewery brewmaster and author of "The Brewmaster's Table." Want maximum taste, minimum guilt? Consult our guide to the best beers under 140 calories.

VICTORY LAGER (4.8 percent alcohol)

CALORIES: 138

CARBOHYDRATES: 11 g

FOODS IT GOES BEST WITH: This crisp lager cleanses the palate after a burger.

TASTE TEST: "A little hops-heavy at first, but the taste grows on you."

SOL CERVEZA ESPECIAL (4 percent alcohol)

CALORIES: 127

CARBOHYDRATES: 10 g

FOODS IT GOES BEST WITH: Its light body and fizzy texture are the perfect foil for spicy fare, such as jalapeño-heaped nachos.

TASTE TEST: "Tastes like a Mexican Budweiser. Can someone snag some nachos and a lime?"



GUINNESS DRAUGHT BOTTLE (4.2 percent alcohol)

CALORIES: 125

CARBOHYDRATES: 9.9 g

FOODS IT GOES BEST WITH: Its creamy, mild taste plays well with shellfish and soups.

TASTE TEST: "Smoky flavor with hints of coffee. Breakfast, anyone?"

YUENGLING PREMIUM (4.4 percent alcohol)

CALORIES: 135

CARBOHYDRATES: 12 g

FOODS IT GOES BEST WITH: Hoppy, sweet notes blend best with barbecue or pan-Asian foods.

TASTE TEST: "A little bitter and a little sweet, like my relationship with my ex."

NEW BELGIUM SKINNY DIP (4.2 percent alcohol)

CALORIES: 110

CARBOHYDRATES: 7 g

FOODS IT GOES BEST WITH: This bright, light beer pairs nicely with chicken and fruit.

TASTE TEST: "A good beer for kicking back after a long day of hard work."

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SPECIAL ADVERTISING FEATURE

Fitness Challenge 1: THE RESULTS ARE IN!

For 12 weeks, 6 Express readers are competing for \$5,000 and a one-year membership to Gold's Gym. The challenger with the most points at the end of 12 weeks wins!

This week our contestants faced their first Fitness Challenge, in which they worked to burn as many calories as they could during one week of Gold's Gym workouts. The more calories they cut, the more points they earned!



MEAGHAN: 8,032.5 CALORIES BURNED

Jenny encouraged Meaghan to push herself harder with interval training. By challenging both her aerobic and anaerobic systems simultaneously, Meaghan was improving her body's ability to burn more calories, and this strategy worked well! Meaghan was able to burn over 8,000 calories in 1 week, and she lost 2 pounds!

TRAINER: JENNY • GOLD'S GYM: BALLSTON
STRATEGY: MOVE OUT OF YOUR COMFORT ZONE.

KIM: 6,186 CALORIES BURNED

Kim & Tasha scheduled as many calorie-burning GGX classes and circuit-training workouts as Kim could fit into her week. Kim gravitated toward her favorite GGX class, Body Attack, along with the RPM cycling class. She succeeded in burning over 6,000 calories and losing a pound this week.

TRAINER: TASHA • GOLD'S GYM: CAPITOL HILL
STRATEGY: COMBINE CLASSES WITH CIRCUIT TRAINING.



LARRY: 5,334 CALORIES BURNED

Chris encouraged Larry to focus on burning calories rather than weight loss, which set his mind on something more immediate. This approach seems to have paid off, and gotten Larry over his plateau. Larry lost 3 pounds in addition to burning over 5,300 calories.

TRAINER: CHRIS • GOLD'S GYM: MIDTOWN
STRATEGY: CHANGE FOCUS TO BREAK THROUGH YOUR PLATEAU.



GREG: 5,236 CALORIES BURNED

Circuit Training allows you to exercise more with spending less time in the gym. You can concentrate on the larger muscle groups while still elevating your heart rate. Michael believes this to be the best and fastest way to get into shape. It certainly did the trick for Greg; he lost another 3 pounds this week!

TRAINER: MICHAEL • GOLD'S GYM: ROCKVILLE TOWN SQUARE
STRATEGY: CONSISTENCY VS. DURATION



JAMIE: 4,650 CALORIES BURNED

Erin encouraged Jamie to keep it simple with circuit training, so she wouldn't feel overwhelmed this week. Circuit training builds muscle endurance while burning lots of calories. Jamie has been able to experiment with different equipment and found that she really enjoys the rowing machine. It gives her a great all-over workout in a short amount of time, and she sure is seeing the results. Jamie lost another 2 pounds this week!

TRAINER: ERIN • GOLD'S GYM: MERRIFIELD
STRATEGY: KEEP IT SIMPLE.



ANTHONY: 2,652 CALORIES BURNED

Anthony cut much of his challenge calories in the RPM/Cycle GGX classes this week. He lost 1% body fat this week, but did not lose any weight, which indicates to Cameron that Anthony's body is changing composition. Cameron's advice this week is to concentrate on nutrition and not to get discouraged.

TRAINER: CAMERON • GOLD'S GYM: FAIRFAX STATION
STRATEGY: KEEP YOUR EYES ON THE PRIZE.

Our challengers meet with their Gold's Gym Personal Trainers each Tuesday to improve their physical fitness.

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Points are awarded weekly for weight loss and competitive challenges. In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

CHALLENGERS	LAST WEEK	THIS WEEK	% OF WEIGHT LOSS	WEIGHT LOSS	CHALLENGES	TOTAL
GREG	230.0	227.0	1.30	6	3	20
KIM	185.6	184.6	0.53	2	5	20
MEAGHAN	183.0	181.0	1.09	4	6	19
ANTHONY	253.0	253.0	0	0	1	16
JAMIE	193.4	191.0	1.24	5	2	14
LARRY	345.8	342.4	0.98	3	4	14

Hungry Girl's Ballpark Tips

The food guru tries not to strike out her diet at Nationals Park

The Nationals are famous for losing, so perhaps it's not so surprising that Lisa Lillien wanted to show up for a game. Lillien, after all, is a notable loser herself — of weight. You may know her better as Hungry Girl (Hungry-girl.com), the diet trick-dispensing, recipe-tweaking, New York Times best-selling arbiter of eating for legions of similarly ravenous fans. And last Monday night in D.C., she was on her usual mission: hunting for foods worthy of the HG stamp of the approval.

"I like it all: hot dogs, pretzels, peanuts. I can't lie," she admitted. But "all" doesn't jibe with the Weight Watchers points system, especially in a ballpark with a never-ending string of concessions touting funnel cake, pepperoni pizza, chicken tenders and cheesesteak.

That's when Nationals Park executive chef Terry Louzon of Levy Restaurants swooped in. "We heard the cries of parents and the next generation of healthier eaters," he promised and then whisked Lillien off for a tour of what was cooking.

At the exclusive Diamond Club and Presidents Club, the spreads include "Farm to Fork" stations, with "the freshest local and organic ingredients we can provide," Louzon bragged. Nearby were heaps of salads and antipasti — oven-dried tomatoes, marinated artichokes, grilled asparagus.

Although the masses can't get a taste of the honey rosemary rainbow carrots, Louzon explained they can opt for turkey burgers or veggie dogs in the outdoor concessions. Or, they can head over to one of the newest park carts, the Healthy

Plate. Launched this season, the menu consists of wraps, a nonfat yogurt parfait, veggies with hummus, fruit and salads. "It sells out almost every night. We want to add another one," Louzon said.

As soon as he waved good-bye, Lillien's eyes zeroed in on those wraps. "Just because it's from the Healthy Plate doesn't mean it's healthy. They could be tricksters," she warned. Back at Hungry Girl headquarters in L.A., Lillien and her staff often bring in food for nutrition dissection experiments, such as weighing the amount of rice in a serving of supermarket sushi. When Louzon mentioned that the turkey wrap comes with a roasted garlic-thyme aioli, Lillien got suspicious, so she ordered one.

"Feel how heavy that is," she said. Then she unwrapped the sandwich. "Look at the size of this tortilla. This is like a trampoline. I would put this at 350 calories alone," she said. The 3 ounces of turkey passed



Hungry Girl was not pleased with the aioli on this wrap — she'd prefer mustard.

EATING IN

Grilled Marinated Bison Steak Sandwiches

TOTAL TIME: 2 HOURS, 20 MINUTES, SERVES 4

INGREDIENTS:

- 1/2 C balsamic vinegar
- 1/4 C finely chopped shallots
- 3 TBSP extra-virgin olive oil
- 1 TBSP Dijon mustard
- FOUR 6-OZ. bison sirloin steaks, about 1-inch thick each
- 4 SLICES sourdough bread
- 2 C baby arugula, washed and dried

PREPARATION:

1. In a small bowl, whisk together the balsamic vinegar, shallots, olive oil and mustard.
2. Place the bison steaks in a zip-close plastic bag and add half the balsamic dressing. Turn to coat well. Set the



- remaining dressing aside. Place the sealed bag in the fridge and marinate for at least two hours or up to eight.
3. Heat a gas grill to medium or prepare a charcoal fire. Remove the steaks

from the marinade and pat dry with a paper towel. Oil the grill rack using an oil-soaked folded paper towel held with tongs.

4. Grill the steaks to medium doneness, three to four minutes per side. Be careful not to overcook. While the steaks are cooking, grill the bread, turning once, until toasted, about one minute per side.

5. Toss the arugula with the reserved balsamic mixture. To assemble the sandwiches, top each slice of bread with dressed arugula and steak. Serve immediately with a low-fat sauce. (AP)

556 calories, 49 g protein, 58 g carbs, 13 g fat, 105 mg cholesterol, 756 mg sodium, 3 g fiber

the test — it's probably about 150 calories. The tomato and romaine were just fine. But that sauce was deemed to be the worst thing possible: shiny. "Anything that's shiny is oil," Lillien explained. Adding it all up, she estimated the entire wrap at 700 to 800 calories. (And, somewhat suspiciously, Nationals Park doesn't have nutritional information available for the Healthy Plate items.)

If she had to order from the cart, Lillien said she'd "get no sauce, get rid of half the tortilla and make my own roll-up." But she didn't have to — and, instead, set off to explore other options.

In just a few steps, she arrived at Ben's Chili Bowl, home of the 260-calorie, 8-ounce serving of veggie chili (if you skip the cheese). Lillien took a bite of tomatoes, peppers and protein crumbles, and immediately raised a thumb. "I would totally eat this," she decreed. Not only did it meet her caloric concerns, but it satisfied the other key Hungry Girl requirement that one should never feel deprived. Chili is legitimate comfort food.

So, what's for dessert? Lillien headed to a Dippin' Dots cart for a sample of rainbow ice. A full serving is just 90 calories. And because the portions are so controlled, even chocolate dots are a mere 165 — far lower than seemingly lower-calorie choices that come in vast quantities, such as popcorn or peanuts.

But Hungry Girl's home run was at Krazee Ice, which posted a menu of 10 fruit flavors. "Which ones come in sugar-free?" she inquired. "All of them," the vendor replied. With a scoop of zero-calorie blue raspberry ("Lovely!"), she was ready to watch some baseball.

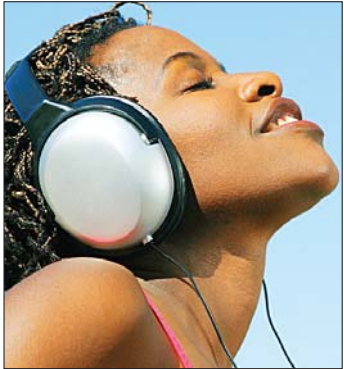
VICKY HALLETT (EXPRESS)



→ Wonder why chicken salad shouldn't sit out all day? Get grossed out by the resulting bacteria at "Beware Slimy Sandwiches," a free event at the Koshland Science Museum Saturday from noon to 5 p.m. Get details at Koshland-science-museum.org.

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STETHOSCOPE



ISTOCK

HEARING

Turn It Down, Already!

■ There might be a reason people aren't getting the message about turning down their music — they can't hear it. In a survey conducted by Vanderbilt University in conjunction with MTV.com, almost 50 percent reported experiencing symptoms of hearing loss after being in the presence of loud tunes. And yet, half said they used their music players at 75 to 100 percent of their max volume.

GI TRACT

From Castle to Throne

■ Who wouldn't want to spend a day building sand castles? People who are averse to developing diarrhea and gastrointestinal diseases, that's who! A study published in the American Journal of Epidemiology says the fecal contamination in those grainy piles can send you rushing to the bathroom. In a survey of more than 27,000 beachgoers, 13 percent of those who reported digging in sand and building castles had GI woes later.

BALANCE

The Fallout of Fat

■ A study published in the journal Medicine & Science in Sports & Exercise details an experiment in which obese men were put in harnesses at various angles and then released to check their balancing ability. Then, the researchers used computer simulations to figure out how much losing weight or gaining strength would help. They decided it would be a lot of help.

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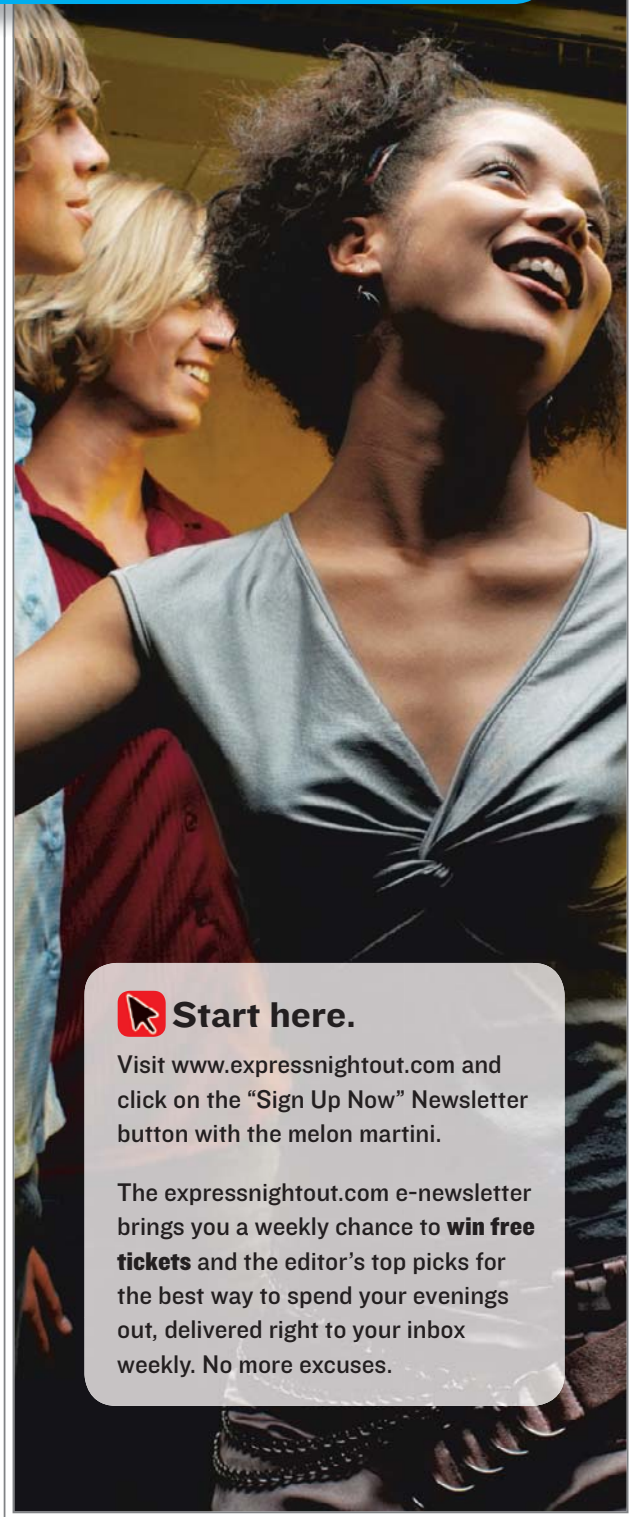
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301-652-6816
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240-223-5427
liasrestaurant.com

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301-652-6945
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Passagetoindia.info

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301-654-9860
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Tween Hearts Soar
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lookout

Back in the Rap Game

Queen Latifah talks about her return to hip-hop and the lack of women in the biz

Q&A | The world sees plenty of Queen Latifah (real name Dana Owens) these days — at movie theaters, on magazine covers, in CoverGirl ads — but it rarely hears new music from her. Latifah's last two albums consisted entirely of jazz and soul standards. "Trav'lin Light," released in 2007, sold 263,000 copies, and "The Dana Owens Album," which came out three years prior, sold 730,000.

“When there are no female records being played on the radio, there's a voice that's missing.”

Recently, Queen Latifah went back to rapping (and, yes, singing) on everything from a Lady GaGa remix to a Rhymefest mixtape. "Persona," her first album of originals since 1997, is due out Aug. 22 on Flavor Unit Entertainment.

How does it feel to be rapping again?

It feels good. It's like riding a bike — once you know it, you know it. This album is definitely rooted in hip-hop, but there's a lot of singing, too. I've been singing a lot over the past few years, so I wanted to bring



RAP ROYALTY: Thought Queen Latifah has done her fair share of acting, she returns to her roots with a new hip-hop album, "Persona," due out on Aug. 22.

MICHAEL THOMPSON

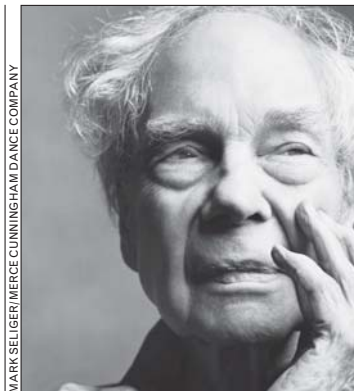
it all under one roof. But, really, I've always sung on my records. I was always a person who mixed a lot of melody with rhymes. It's fun getting my feet wet again.

This is your first time working with producers Cool & Dre. What made you decide to record "Persona" with them?

I met them during this pilot that we did with Eve called "Bridging the Gap" about an artist getting to meet their hero. At the end of the episode, Eve and I went into the studio to make a record that Cool & Dre produced. It was just such a good vibe. They're very creative and easy to work with, and they just took ideas that I had for my album and really made them hot.

Is it harder for women to succeed in the music industry today than it was 10 or 20 years ago?

Never since my start in this business at 17 years old have I seen it so male-dominated. It's deplorable, to be honest. You cannot just have male voices. Not in the world, not in society, not in music. When there are no female records being played on the radio, there's a voice that's missing. A lot of us are in the studio now — me, Missy [Elliott], Eve, Shannna — so, I guess when we're ready to go, you'll hear more from the females. But we really have to step up and support one another. Women need to make sure they're supporting their sisters. **MONICA HERRERA (BILLBOARD)**



MARK SELIGER/MERCE CUNNINGHAM DANCE COMPANY

Cunningham's career spanned 60 years.

Adieu to a Master of Movement

Modern dance legend Merce Cunningham dies at the age of 90

OBIT | Merce Cunningham, the avant-garde dancer and choreographer who revolutionized modern dance by creating works of pure movement divorced from storytelling and even from musical accompaniment, has died at age 90.

Cunningham died of natural causes on Sunday at his Manhattan home, said Leah Sandals, spokeswoman for the Merce Cunningham Dance Company.

In a career that spanned more than 60 years and about 150 works, Cunningham tossed coins or dice to determine steps and shattered such unwritten rules as having dancers usually face the audience.

The New York Times wrote in 1982, "As playful as he has often seemed, Cunningham has always been one of America's most serious artists ... one of the few true revolutionaries in the history of dance." **POLLY ANDERSON (AP)**



COMPETITION Diversity Wins HBO scored highest among 15 networks for its representation of gay characters last season, according to a report released Monday. In its third-annual Network Responsibility Index, the Gay & Lesbian Alliance Against Defamation found that of HBO's 14 original prime-time series, 10 included content reflecting the lives of gay, bisexual and transgender people, in series such as "True Blood," "Entourage" (featuring Rex Lee as Lloyd, pictured) and "The No. 1 Ladies' Detective Agency." **(AP)**

To Infinity From Your Couch

‘Battlestar Galactica’ is now on a 25-disc set for consumption at your own pace

DVD | To own an entire series on DVD is a wondrous, awful thing. It allows you to skip the reruns and commercials, and pop in a disc whenever you want to catch your favorite episode of that cult classic (we’d go with “Home” from “The X-Files” and “Surprise” from “Buffy the Vampire Slayer”), which is awesome. But it also glues you to your couch for hours on end, shuttered away from the outside world, working your way through your pantry as you chomp on munchies (thanks a lot, “Lost”), which is decidedly not awesome — not for

your social life, and certainly not for your diet. Which is why the complete box set of “Battlestar Galactica,” which is dropping this week on DVD from Universal Studios (getting it from Amazon will set you back about \$172, which is substantially cheaper than the \$279.98 list price) is both a blessing and a curse. With 25 discs, more than 4,000 minutes of running time and a ridiculous number of extras and bonus features, the set has everything a “Galactica” groupie could want. Want to know how the show’s music was developed? Got it. Discussions about religious ideas and how they played into the plot lines? Got that, too. And what about information on the upcoming “Battlestar Galactica” film, “The



JUSTIN STEPHENS

If you wanted to, you could watch this beautiful crew for 4,000-straight minutes.

Plan”? Well, you won’t learn too much, but sure, there are some details included. Among the plethora of extra features, interviews with cast-mates and creators, and that kind of thing, “The Manifesto Destiny” stands out for its information on executive producer Ron Moore’s vision for the series. Included are interviews with Edward James Olmos, Jamie Bamber and others, and close-ups of Moore’s idea-filled pages that reveal his intentions for the show. And, last but not least, the DVDs come with a freebie: a Cylon figure for you to play with when no one else is watching. Yes, please!

ROXANA HADADI

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➔ To watch the trailer for “The Plan,” a made-for-DVD “Battlestar Galactica” movie, visit us online.

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HARRY POTTER: HALF BLOOD PRINCE (PG) (1130 1210 220 300 340) 600 640 720 1010 1050

OC & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) (1050 AM) 930 PM

ICE AGE: DAWN OF THE DINOSAURS (PG) (1220 240 520) 750 1025

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (120 PM 500 PM) 830 PM

THE PROPOSAL (PG-13) (1200 310) 620 900

HANGOVER (R) - ID REQ'D (1220 250 530) 820 1045

BRUNO (R) - ID REQ'D (345) 600 810 1030

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UP (PG) (110 PM)

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THE UGLY TRUTH (R) - ID REQ'D (1230 200 300 430 530) 715 830 945 1050

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THE ORPHAN (R) - ID REQ'D (115 445) 745 1045

HARRY POTTER: HALF BLOOD PRINCE (PG) (1200 1245 130 220 415 500 540) 645 730 815 900 1040

OC & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) (320 PM) 1000 PM

BRUNO (R) - ID REQ'D (1250 315 520) 750

PUBLIC ENEMIES (R) - ID REQ'D 1010 PM

ICE AGE: DAWN OF THE DINOSAURS (PG) (100 345) 640 915

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1240 350) 710 1020

THE PROPOSAL (PG-13) (120 410) 650 930

HANGOVER (R) - ID REQ'D (1210 250 515) 800 1030

UP (PG) (1200 PM)

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THE ORPHAN (R) - ID REQ'D (1125 210 455) 750 1040

THE UGLY TRUTH (R) - ID REQ'D (1210 245 515) 800 1025

G-FORCE (PG) ★ (1200 230 500) 730 945

G-FORCE 3D - EVENT PRICING (PG) ★ (1130 200 430) 700 915

HARRY POTTER: HALF BLOOD PRINCE (PG) (1145 1215 1245 315 345 415) 645 715 745 815 1000 1030 1100

OC & DA: BRUNO (R) - ID REQ'D (320 PM) 1055 PM

BRUNO (R) - ID REQ'D (100 PM 530 PM) 825 PM

PUBLIC ENEMIES (R) - ID REQ'D (1250 350) 720 1050

ICE AGE: DAWN OF THE DINOSAURS (PG) (1155 215 435) 650 910

MY SISTER'S KEEPER (PG-13) (1135 AM)

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1220 335) 705 1020

THE PROPOSAL (PG-13) (1140 250 520) 805 1035

HANGOVER (R) - ID REQ'D (205 445) 735 955

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THE ORPHAN (R) - ID REQ'D (1135 230 540) 825 1105

THE UGLY TRUTH (R) - ID REQ'D (1115 145 410) 640 900 1125

HARRY POTTER: HALF BLOOD PRINCE (PG) (1200 105 130 150 315 345 425 455 535) 630 710 740 810 850 940 1015 1050

I LOVE YOU BETH COOPER (PG-13) (1035 PM)

BRUNO (R) - ID REQ'D (1130 140 355) 600 830 1040

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1100 110 330 545) 815 1045

PUBLIC ENEMIES (R) - ID REQ'D (1005 100 400) 655 955

ICE AGE: DAWN OF THE DINOSAURS (PG) (1145 200 415) 625 845 1110

HURT LOCKER (R) - ID REQ'D (125 420) 715 1025

MY SISTER'S KEEPER (PG-13) (1010 AM)

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1205 325) 645 1000

THE PROPOSAL (PG-13) (1105 155 435) 720 950

HANGOVER (R) - ID REQ'D (1220 255 510) 735 1005

UP (PG) (1020 1240 300 520) 745

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G-FORCE (PG) ★ (1200 220 440) 705 930

THE UGLY TRUTH (R) - ID REQ'D (1200 400) 710 1010

HARRY POTTER: HALF BLOOD PRINCE (PG) (1150 1220 110 150 310 340 420 510) 630 700 730 830 950 1020 1040

BRUNO (R) - ID REQ'D (1155 205 415) 645 935

PUBLIC ENEMIES (R) - ID REQ'D (1200 330) 730 945

ICE AGE: DAWN OF THE DINOSAURS (PG) (1250 305 520) 740 955

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1225 350) 655 1015

THE PROPOSAL (PG-13) (1215 255 525) 755 1030

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THE UGLY TRUTH (R) - ID REQ'D (1240 300 530) 750 1010

G-FORCE (PG) ★ (1205 220 435) 650 910

HARRY POTTER: HALF BLOOD PRINCE (PG) (1150 1220 110 150 310 340 415) 630 700 730 830 950 1020

BRUNO (R) - ID REQ'D (115 330 545) 800 1015

ICE AGE: DAWN OF THE DINOSAURS (PG) (1200 225 450) 715 940

THE PROPOSAL (PG-13) (1210 240 515) 745 1025

HANGOVER (R) - ID REQ'D (1145 230 500) 720 1000

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EVERYONE'S HERO (G) (1000 AM)

KUNG FU PANDA (PG) (1000 AM)

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G-FORCE (PG) ★ (1200 230 500) 730 945

THE ORPHAN (R) - ID REQ'D (1115 145 435) 725 1020

THE UGLY TRUTH (R) - ID REQ'D (1215 245 520) 745 1015

HARRY POTTER: HALF BLOOD PRINCE (PG) (1100 1145 1210 1245 305 330 350 400 515) 615 645 715 830 930 1000 1030

BRUNO (R) - ID REQ'D (1110 120) 605 800 1005

PUBLIC ENEMIES (R) - ID REQ'D (140 440) 740 1035

ICE AGE: DAWN OF THE DINOSAURS (PG) (1220 250 525) 750 955

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1140 320) 640 1010

THE PROPOSAL (PG-13) (1105 130 410) 650 925

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (335 PM)

HANGOVER (R) - ID REQ'D (1240 325 545) 815 1040

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701 Seventh St NW 800-FANDANGO 1721#

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THE UGLY TRUTH (R) - ID REQ'D (1135 1230 200) 330 430 620 700 850 930

THE ORPHAN (R) - ID REQ'D (1250) 410 730 1040

500 DAYS OF SUMMER (PG-13) (1200 240) 510 740 1015

OC & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) (100 PM) 830 PM

HARRY POTTER: HALF BLOOD PRINCE (PG) (1130 1215 245) 345 445 610 715 940 1030

BRUNO (R) - ID REQ'D (1240) 315 545 800 1020

PUBLIC ENEMIES (R) - ID REQ'D 400 PM 745 PM 1045 PM

ICE AGE: DAWN OF THE DINOSAURS (PG) (1150 215) 440 705 935

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1220 335 650 1010

THE PROPOSAL (PG-13) (110) 350 640 920

MOON (R) - ID REQ'D (120 PM)

HANGOVER (R) - ID REQ'D (1145 230) 540 810 1035

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

G-FORCE (PG) ★ (145 400) 615 830

G-FORCE 3D - EVENT PRICING (PG) ★ (1230 245 500) 715 930

HARRY POTTER: HALF BLOOD PRINCE (PG) (1220 1250 250 320 350 420) 630 700 730 800 955 1025

ICE AGE: DAWN OF THE DINOSAURS (PG) (135 410) 640 905

PUBLIC ENEMIES (R) - ID REQ'D (125 345) 720 1040

CHERI (R) - ID REQ'D (1205 235 510) 740 1010

MY SISTER'S KEEPER (PG-13) (1240 PM)

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1200 330) 650 1015

THE PROPOSAL (PG-13) (205 450) 750 1035

STAR TREK (PG-13) (1150 310) 625 940

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THE ORPHAN (R) - ID REQ'D (1040 135 440) 740 1040

THE UGLY TRUTH (R) - ID REQ'D (1110 PM 430 PM) 745 PM

ICE AGE: DAWN OF THE DINOSAURS (PG) (1200 130 230 415 515) 650 750 925 1025

G-FORCE 3D - EVENT PRICING (PG) ★ (1140 225 500) 730 955

G-FORCE (PG) ★ (1040 125 400) 630 855

OC & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) (235 PM) 935 PM

HARRY POTTER: HALF BLOOD PRINCE (PG) (1050 1220 100 140 315 355 435 505) 600 640 720 800 840 1015

BRUNO (R) - ID REQ'D (1155 215 450) 710 945

PUBLIC ENEMIES (R) - ID REQ'D (1110 PM 430 PM) 745 PM

ICE AGE: DAWN OF THE DINOSAURS (PG) (1045 115 345) 610 840

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1150 330) 700 1035

THE PROPOSAL (PG-13) (1250 340) 620 905

HANGOVER (R) - ID REQ'D (1115 150 425) 715 950

UP (PG) (1235 PM)

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THE UGLY TRUTH (R) - ID REQ'D (1100 1220 125 250 400 525) 645 800 910 1020

G-FORCE 3D - EVENT PRICING (PG) ★ (1245 300 515) 730 950

G-FORCE (PG) ★ (1130 155 410) 630 850

THE ORPHAN (R) - ID REQ'D (1110 200 445) 745 1030

HARRY POTTER: HALF BLOOD PRINCE (PG) (1115 1230 145 235 305 350 505) 605 635 715 830 920 950 1030

RW & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) (100 PM 420 PM) 740 PM

BRUNO (R) - ID REQ'D (1255 315 530) 755 1000

PUBLIC ENEMIES (R) - ID REQ'D (110 415) 720 1025

ICE AGE: DAWN OF THE DINOSAURS (PG) (1100 120 335) 620 855

MY SISTER'S KEEPER (PG-13) (1210 PM)

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1225 340) 655 1010

THE PROPOSAL (PG-13) (1105 140 430) 700 955

HANGOVER (R) - ID REQ'D (1120 150 435) 705 930

UP (PG) (1115 AM)

KUNG FU PANDA (PG) (1000 AM)

EVERYONE'S HERO (G) (1000 AM)

Free Family Film Festival Tue & Wed 10AM

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

G-FORCE 3D - EVENT PRICING (PG) ★ (1200 220 440) 700 920

G-FORCE (PG) ★ (1240 120 300 340 530) 610 750 830 1010 1040

THE UGLY TRUTH (R) - ID REQ'D (1210 130 240 400 510) 630 740 900 1010

THE ORPHAN (R) - ID REQ'D (115 420) 720 1020

CHERI (R) - ID REQ'D (200 430) 655 930

OC & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) (350 PM) 1030 PM

HARRY POTTER: HALF BLOOD PRINCE (PG) (1215 1250 110 140 210 245 405 450 515 540) 625 710 810 840 910 950

PUBLIC ENEMIES (R) - ID REQ'D (320 PM) 640 PM 1000 PM

THE PROPOSAL (PG-13) (1230 325) 650 935

HANGOVER (R) - ID REQ'D (1255 410) 645 915

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (250 PM) 615 PM 940 PM

BRUNO (R) - ID REQ'D (100 330 550) 620 1035

UP (PG) (1220 310) 620 850

ICE AGE: DAWN OF THE DINOSAURS (PG) (1230 300) 730 955

MY SISTER'S KEEPER (PG-13) 735 PM 1025 PM

FOX STADIUM 16

228 1/2 Crawford Plz. Asbury, VA 703-957-1035

THE UGLY TRUTH (R) - ID REQ'D (1215 240 500) 730 1010

RW & DA: THE UGLY TRUTH (R) - ID REQ'D (140 400) 630 910

G-FORCE 3D - EVENT PRICING (PG) ★ (1200 220 440) 700 920

G-FORCE (PG) ★ (1100 120 340) 610 830 1040

THE ORPHAN (R) - ID REQ'D (200 450) 740 1035

HARRY POTTER: HALF BLOOD PRINCE (PG) (1110 1150 1230 110 230 310 350 430 510) 600 640 720 800 840 930 1010 1030

I LOVE YOU BETH COOPER (PG-13) (150 PM)

BRUNO (R) - ID REQ'D (1240 300) 615 820 1025

PUBLIC ENEMIES (R) - ID REQ'D 710 PM 1030 PM

ICE AGE: DAWN OF THE DINOSAURS (PG) (1250 320) 620 850

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1210 330) 650 1020

THE PROPOSAL (PG-13) (1025 100 410) 715 950

HANGOVER (R) - ID REQ'D (1220 250 520) 750 1015

UP (PG) (1105 AM 130 PM 420 PM)

Free Family Film Festival Tue & Wed 10AM

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

THE UGLY TRUTH (R) - ID REQ'D (1130 1240 200 325 430) 640 730 910 1000

HARRY POTTER: HALF BLOOD PRINCE (PG) (1120 1155 1220

100 130 205 240 315 420 450 525) 600 635 700 740 810 845 920 950 1020

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1140 230 500) 720 1010

ICE AGE: DAWN OF THE DINOSAURS (PG) 930 PM

UP (PG) (1205 PM 250 PM) 650 PM

NIGHT AT THE MUSEUM II (PG) (1110 AM)

Free Family Film Festival Tue & Wed 10AM

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

G-FORCE (PG) ★ (1130 145 415) 630

THE ORPHAN (R) - ID REQ'D (115 445) 740 1045

THE UGLY TRUTH (R) - ID REQ'D (1015 1100 1245 130 315 400) 645 730 900 1000

G-FORCE 3D - EVENT PRICING (PG) ★ (1230 245 500) 715 930

HARRY POTTER: HALF BLOOD PRINCE (PG) (1030 1115 1215 100 200 300 345 430 515) 615 700 745 830 945 1030

BRUNO (R) - ID REQ'D (1145 215 450) 710 1010

PUBLIC ENEMIES (R) - ID REQ'D 1015 PM

ICE AGE: DAWN OF THE DINOSAURS (PG) (1040 110 440) 710 950

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1045 230) 600 915

THE PROPOSAL (PG-13) (1200 330) 605 845

HANGOVER (R) - ID REQ'D (530 PM) 815 PM 1050 PM

UP (PG) (1140 AM 210 PM)

expressnightout.com **lookout**



2 Urban Art, Domesticated

Now that street art is oh-so-now, galleries are trying to figure out how to bring it indoors. The latest attempt is "Street/Studio," a show at Irvine Contemporary with work installed both inside the gallery and in the alley behind it. Rising stars such as Shepard Fairey and EVOL (whose work is pictured) are featured. F.Z.

→ Irvine Contemporary, 1412 14th St. NW; through Aug. 1, free; 202-332-8767, Irvinecontemporary.com. (McPherson Square)



Compiled by Express' Fiona Zublin and Topher Forhecz. Read more every day at Expressnightout.com/topstops.



3 Lyrically Inclined

Dan Bejar became famous as a member of the New Pornographers. They're not in town tonight, but his other band, Destroyer, is. Though you may not have heard of it, the group, which has sort of a dreamy indie aesthetic, showcases Bejar's truly amazing lyrics. He's no John Darnielle (of the Mountain Goats), but his writing nears that level of sophistication and cleverness, and that's rare these days. F.Z.

→ Black Cat, 1811 14th St. NW; 8 p.m., \$13; 202-667-7960, Blackcatdc.com. (U St.-Cardozo)



Old-School New Wave

The '80s gave us a lot of things we didn't ask for: David Hasselhoff, Wham! and an unhealthy relationship with shoulder pads, to name a few. Luckily, it also gave us Depeche Mode. The new wave heavyweights have a lasting power that exceeds anything Phil Collins ever wrote. Throughout the years, they've continued to hone their craft relentlessly—even after synthesizer-heavy music gave way to grunge. T.F.

→ Nissan Pavilion, 7800 Cellar Door Drive, Bristow, Va.; 7:30 p.m., \$29.50-\$89.50; 703-754-6400.

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LA TIMES

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HUMAN COULD VISIT."
LA WEEKLY

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NIH Clinical Center



lookout television

A Weighty Twist on Romance

REALITY | Tonight, Fox introduces a plus-size "Bachelor" imitation called "More to Love" (9 p.m., Fox).

The show's "bachelor," Luke Conley, has the beefy body of a former football player whose muscle mass has been tenderized by decades of too many cheeseburgers.

The 20 women who arrive in limos to try to win Luke's affections are similarly endowed — some more than others.

What sets "More" apart from other "Bachelor" knockoffs is not the weight but the desperation.

Some of the women can't recount their life stories without crying. Others confess that they had never been on a date. One confides that she would be afraid to go on a date out of fear that it



Bachelor Luke Conley is looking for love in a group of 20 plus-size ladies.

was some cruel prank. And, of course, at the end of every episode of "More to Love," lucky Luke will have to reject some of these women — on camera.

Many watch "The Bachelor" for light escapism. But in this case, it's hard to be transported to a land of love when so much sadness lurks just beneath the surface. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's lineup

GET SECONDS OF 'TALENT'
Two episodes of **AMERICA'S GOT TALENT** (8 and 9 p.m., NBC).

THE NO. 1 SUPERSTAR
A winner is crowned on the season finale of **THE SUPERSTARS** (8 p.m., ABC).

GIVE IT TO 'EM STRAIGHT
Frank talk on **10 THINGS I HATE ABOUT YOU** (8 p.m., ABC Family).

WAITING IT OUT
Storms put work on hold on **DEADLIEST CATCH** (9 p.m., Discovery).
HOSTAGE SITUATION
Artie (Saul Rubinek) is kidnapped on **WAREHOUSE 13** (9 p.m., SyFy).

JILLIAN'S CHOICE
Deep thoughts are revealed on **THE BACHELORETTE: AFTER THE FINAL ROSE** (10 p.m., ABC).

UNDER PRESSURE
Tommy feels triangulated on **RESCUE ME** (10 p.m., FX).

FRANKENSTEIN AND CO.
UNFORGETTABLY EVIL (10 p.m., Starz) looks at the characters (men, mon-



Arianna Huffington visits "The Colbert Report" on Comedy Central tonight.

sters and machines) that have been scaring moviegoers for decades.
HUMOR MEETS ROCK
Spinal Tap appears on **THE DAILY SHOW WITH JON STEWART** (11 p.m., Comedy Central).

MADAM MEDIA
Arianna Huffington appears on **THE COLBERT REPORT** (11:30 p.m., Comedy Central). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Luxury Audi Lite

Q5 offers SUV-size decadence with a minimum guilt factor

TRUCKLET | The most astonishing thing about my time in the 2009 Audi Q5 was that I actually took it off-road, with dirt and everything. Granted, I was in West Los Angeles, where the creeks burble with Bollinger and raccoons wear rhinestone collars. Nonetheless, for most buyers in the compact luxury sport-utility segment, my little excursion on a home construction site might as well have been crossing the Gobi.

Generally speaking, the buyers of these vehicles are not price-constrained. They are guilt-constrained. They want a luxury SUV — powerful, sumptuous, swimming in privilege — but they themselves are appalled at the overage of tonnage in vehicles such as the Mercedes-Benz M-class, BMW X5 or Land Rover LR3.

Having gazed into the abyss of their own automotive vanity, buyers blink and opt for SUVs that are smaller and more appropriately sized, quasi-crossovers whose fuel economy is at least defensible if not commendable.

I'm not saying that plopping



COURTESY AUDI

The 2009 Audi Q5 is a quasi-crossover luxury SUV with a defensible fuel economy.

down 40 grand on one of these leather-lined trucklets makes you Aldo Leopold, but at least these buyers have some kind of conscience.

In the weird morality of American consumerism, they are practically plaster saints.

Until now, Audi had nothing to offer buyers who backed away from the Q7 plus-size SUV, which could never be surgeon general. The new Q5 brings the luxe and the supper-club swank of the Q7 to the more petite platform.

DAN NEIL (LOS ANGELES TIMES)

NUTS & BOLTS

→ THE 2009 AUDI Q5

\$37,200

Powertrain: 3.2-liter, 24-valve direct-injection V-6 with variable valve timing; six-speed automatic transmission with manual-shift mode; all-wheel drive | **Wheelbase:** 110.5 inches | **Measurements:** 182.2 inches long, 4,178 pounds | **Horsepower:** 270 at 6,500 rpm | **Torque:** 243 pound-feet at 3,000 rpm | **EPA Fuel Economy:** 18 mpg city, 23 mpg highway

DISCUSSIONS

REAL WHEELS

How nervous should I be about a sticky stick on my automatic transmission (2005 Acura MDX) when moving from park to reverse and drive? The transmission fluid level seemed OK.

You should be nervous enough to take that puppy to a qualified technician to get it thoroughly checked. Guessing could lead to more serious problems — for you and the MDX.

I am looking for a new wagon. I am considering three cars right now: the new Prius, the Escape Hybrid and the diesel VW Jetta Sports-wagon. Of the three, the VW is probably the best for us in terms of space. However, I had a VW Golf in the early '90s, and it was a real lemon. Are those days behind VW? Can I trust the new models? That's easy. I'd go with the diesel VW Jetta Sportwagon. Fun to drive, more so than either the Prius or Escape Hybrid. In terms of fuel efficiency, it's terrific and possibly a better value than both.

I'm looking for midsize (V6), four-wheel drive or all-wheel drive SUV. My price range is \$25,000 to \$30,000. My last vehicle was a Jeep Cherokee 4x4, which I absolutely loved. But I'm not a big fan of its

replacement, the Liberty. It seems that the Liberty engine is underpowered and the four-speed automatic transmission is insufficient, especially when compared to the Ford Escape 4x4 (non-hybrid). Is there

The diesel VW Jetta Sportwagon is more fun to drive than either the Prius or the Escape Hybrid.

another one out there in addition to the Ford that I should consider?

You are in crossover-utility vehicle territory. Your price range, according to Edmunds.com and Cars.com, includes several great choices: Ford Escape, including Ford Escape Hybrid for best crossover/SUV fuel economy; Honda CR-V and Toyota RAV4; and GMC Acadia for overall best utility and reasonable fuel economy. The 2010 Chevrolet Equinox and Kia Sportage both have good performance and overall best value.

Do you think Chevy is regretting the decision to drop the Caprice, since Ford is still selling the full-size RWD Crown Vic?

No. The full-size Chevy Impala continues to do quite well.



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Columnist Warren Brown is online Fridays at 11 a.m. to answer questions on every aspect of the automotive industry.

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DOES SARAH PALIN REPRESENT THE FUTURE OF THE REPUBLICAN PARTY?

YESTERDAY'S RESULTS AS OF 5 P.M.



"No, but she certainly represents its present — rabidly Christian conservative, shallow, unqualified, tainted and without any ideas."

COMMENTER MILDLY MISANTHROPIC

"Yes, and good riddance to the class war sponsored and fomented by the now-extreme right-wing GOP. These extreme conservatives represent everything that is rotten in the U.S."

COMMENTER TIRED OF STATUS QUO

"I can't understand why we are still talking about her! As a Republican young woman, Palin doesn't speak for me or my future. Let's move on."

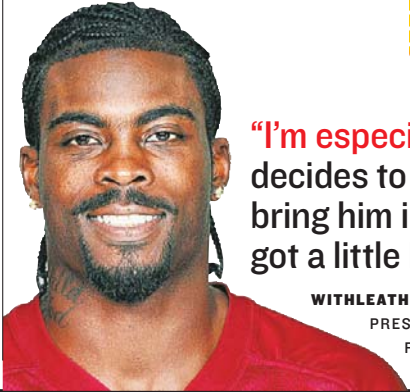
COMMENTER CA COOPER

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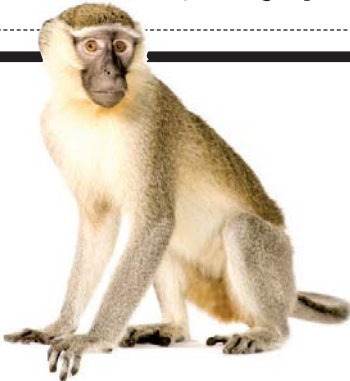
"I'm especially curious to see whether anybody decides to roll the dice with [Michael] Vick and bring him into camp. The dog days of sports just got a little less dogged. Arf!"

WITH LEATHER. UPROXX.COM IS INTERESTED TO SEE WHAT WILL COME OF THE NFL PRESEASON NOW THAT VICK, WHO WAS CONVICTED FOR HIS ROLE IN A DOG-FIGHTING RING, HAS BEEN CONDITIONALLY REINSTATED BY THE NFL.



"I feel a little insulted. Except for the sports section and pretty infographics, does anyone truly read USA Today anymore anyway?"

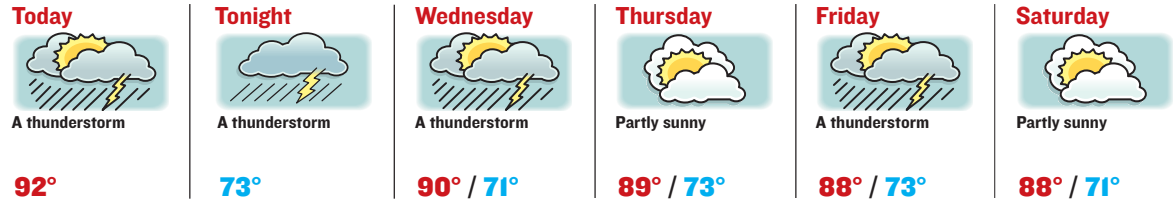
MOST LIKELY TODAY ALONE.COM IS NOT IMPRESSED WITH THE GANNETT NEWSPAPER'S NEWEST VENTURE, KNOWN AS THE E-EDITION, WHICH IS AN EXACT DIGITAL REPLICA OF USA TODAY AND AVAILABLE FOR \$99 A YEAR.



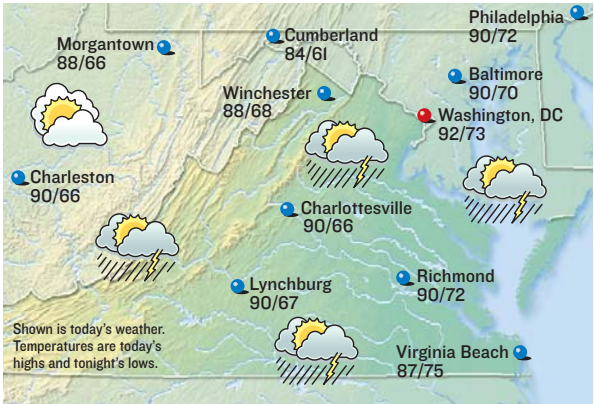
"WHILE IT LOOKS funny happening to someone else, when your food is stolen by a monkey who is laughing and waving your food at you while hanging from a tree, it can ruin your day."

ECONO-GIRL.BLOGSPOT.COM DOES NOT FIND INDIA'S PLAN TO BUILD A SCHOOL FOR ROGUE MONKEYS A BAD OPTION.

5 Day Forecast for the Washington Area



Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.
Temperature
High 87°
Low 72°
Normal high 89°
Normal low 71°
Average humidity 65%

Precipitation

24 hours ending 4 p.m. Trace
Month to date 0.89"
Normal month to date 3.19"
Year to date 24.02"
Last year to date 32.31"
Normal year to date 22.35"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

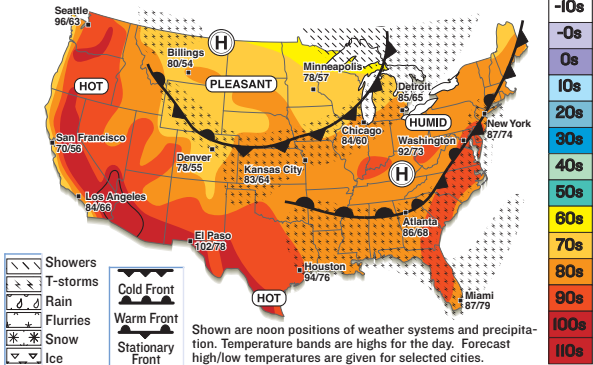
D.C. Metro: Today, partly sunny, a thunderstorm. High 92. Wind south-southwest 6-12 mph. Tonight, thunderstorm early. Low 73. Wind southwest 4-8 mph.

Sun and Moon

Sunrise today 6:06 a.m.
Sunset tonight 8:23 p.m.
Moonrise today 1:41 p.m.
Moonset today 11:53 p.m.



National Weather for Tuesday, July 28



National Cities

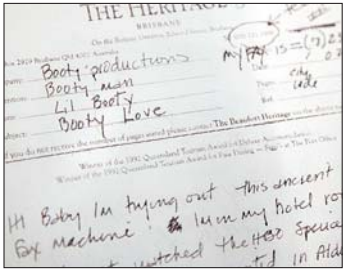
City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	86/68/t	81/71/t
Boston	86/71/pc	88/70/t
Chicago	84/60/t	78/60/pc
Dallas	90/75/t	94/77/t
Denver	78/55/t	74/51/t
Honolulu	89/76/s	89/76/s
Los Angeles	84/66/pc	80/64/pc
Miami	87/79/t	89/81/t
New York City	87/74/t	87/74/t
Orlando	92/75/t	93/76/t
Seattle	96/63/s	97/62/s

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	72/56/pc	73/57/r
Athens	90/72/s	92/73/s
Berlin	75/55/sh	77/61/s
Buenos Aires	55/37/pc	55/43/s
Calgary	66/48/t	70/49/s
Dublin	63/52/r	64/52/r
Geneva	79/55/s	87/61/s
Moscow	73/55/pc	77/57/pc
Rome	88/68/s	92/68/s
Sydney	64/46/s	66/46/s
Tokyo	86/77/t	88/77/t

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

lookout people



Madonna once faxed this to then-boyfriend Jim Albright. Who is he?

AUCTIONS
Madonna's Use of Obsolete Technology Now Celebrated

Jimi Hendrix's \$1 performance contract. Muhammad Ali's training robe. **MADONNA**'s faxed love letters and answering-machine messages (on micro-cassette tapes). Sent by collectors, these finds are among nearly 500 personal celebrity items being auctioned. Gotta Have It!'s online auction ends Aug. 5. (AP)

BREAKUPS
Translation: It Was Totally Sudden, Someone Cheated

KIM KARDASHIAN and **REGGIE BUSH** have broken up, multiple tabloid sources are reporting. "Nobody cheated," one source told Usmagazine.com. "It's been a long time coming," another anonymous source told People.com. (EXPRESS)

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Find the latest celebrity news and photo evidence of stars' sordid lives at www.expressnightout.com.

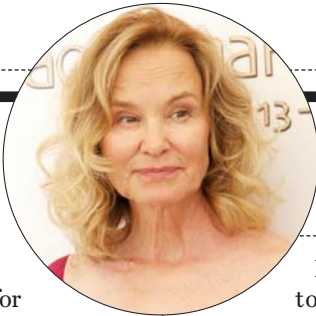


BREAKUPS
19-Year-Old Love Bites

JOE JONAS and actress Camilla Belle are no longer a couple, People.com reported. "Yes, it's true, they have broken up," Belle's rep said Monday. "There is no third party involved, and they care deeply about each other and will remain friends." (EXPRESS)

ACTORS
It's So Cute When They Have Hobbies

JESSICA LANGE is being recognized for her work with cameras. The actress was honored Saturday at the George Eastman House, a Rochester, N.Y., photography and film museum now exhibiting 50 of her pictures. They depict her native Minnesota and chronicle her travels in Russia, Mexico and Africa.



"That photo of Minnesota is so ... Minnesota-y."

Lange studied photography in college but then focused on acting until she started taking portraits of her children in the 1990s. She told reporters Friday that acting has shaped her photographic interest in gestures. And she said she's "drawn to drama in lighting and composition." (AP)



The tragedy and heartbreak of eyeliner abuse now has a new spokesmodel.

INEVITABLE
CW Looks Forward To On-Set Meltdown

MISCHA BARTON has been released from the hospital and plans to return to her CW show, "The Beautiful Life," her rep told Usmagazine.com. "I can confirm that she's left the hospital with the intention to resume production" said Craig Schneider. Barton has been hospitalized since July 15 at Cedars-Sinai Medical Center. (EXPRESS)

EVERYTHING!
Longoria Parker Has Two Last Names AND an Awards Show

"Desperate Housewives" star **EVA LONGORIA PARKER** and comedian and actor George Lopez will host September's ALMA Awards celebrating Latino achievement in entertainment. "The ALMA Awards is a special show because it represents the determined spirit and soul of the Latino people," she said. (AP)



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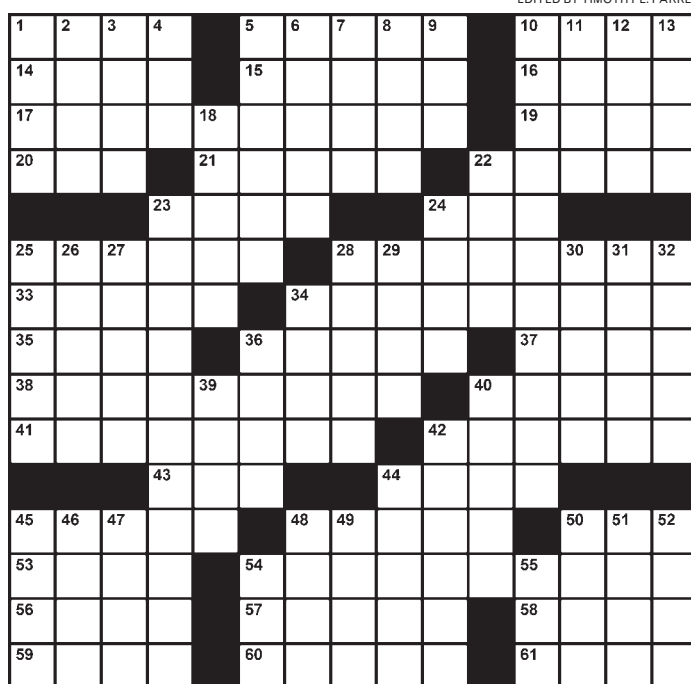
ACROSS

1 Person who's hard to take
5 Function like bug spray
10 Admission permit
14 Invention impetus
15 Become weatherworn
16 Man or Ely, e.g.
17 Make a light breakfast, in a way
19 Just around the corner
20 2003 holiday film
21 Upper echelon
22 "Dream" or "sea" ender
23 Fill to excess
24 "How relaxing!"
25 Baker's specialty
28 Fabrics for sale
33 Up to now
34 "I guess I can live with that!"
35 "Proud Mary" singer Turner
36 French river and department
37 Trick-taking card game
38 With keen vision
40 Sweating setting
41 Even more furtive
42 Las ____, Canary Islands
43 People
44 Hair-splitter?
45 Country store?
48 Monetary units of India
50 "Water," "squirt" or "cap" ending
53 One who breaks new ground?
54 Assume control
56 Larger-than-life

57 "Gentlemen Prefer Blondes" author Loos
58 Airtight tower
59 Come together nicely
60 Type of colony
61 Brief drive

DOWN

1 It has a stem and a bowl
2 Object of devotion
3 Sheet
4 Fond du ____, Wisc.
5 "Location, location, location" business
6 TV pioneer Kovacs
7 Blake or Burns
8 Sword feature
9 Relay race section
10 Recipe phrase
11 De-ported?
12 Strike sharply
13 Not irrigated
18 "Captain Planet" element
22 Isn't straight in the middle
23 Get ahead of (with "on")
24 Point of ____ (British lighthouse site)
25 Cocktail hour spreads
26 Afghan or Thai
27 "The Playboy of the Western World" dramatist
28 "Cross that line!" utterer
29 Cheese's outer coat
30 Rope fiber used in caulking
53 One who breaks new ground?
54 Assume control
56 Larger-than-life



EDITED BY TIMOTHY E. PARKER

32 Mles., across the border
34 "Mommie Dearest" star Dunaway
36 "Don't Fence ____"
39 ____ out (barely manages)
40 "Sex and the City" first name
42 Computer programming language
44 Michelangelo masterpiece
45 "Could we get on

with it?"
46 Be a sot
47 "Aloha" accompaniments
48 Clear square
49 Cut from the same cloth
50 Something golf pros teach
51 Jamaican fruit
52 Some make light of it
54 Beer barrel
55 Ten Commandments beast

Yesterday's Solution



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SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/do/ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

9	4	6	5	7	3	1	2	8
1	7	2	8	9	4	5	3	6
8	3	5	1	6	2	9	7	4
2	1	8	6	4	9	7	5	3
4	5	3	7	2	1	6	8	9
7	6	9	3	5	8	2	4	1
5	2	1	4	3	6	8	9	7
6	9	4	2	8	7	3	1	5
3	8	7	9	1	5	4	6	2

		2						
		6	4	5				
4	3	9			7			
6				9				1
9		4		7		5		3
3				8				7
			6			3	8	9
					3	2	6	
							7	

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DESIGN—MARCIA HARDER, ERNIE SMITH | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY
PUBLISHED BY EXPRESS PUBLICATIONS LLC, 1150 15TH ST NW, WASHINGTON, DC 20071 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY
TEL: 202-334-6800 | FAX: 202-334-9777 | CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



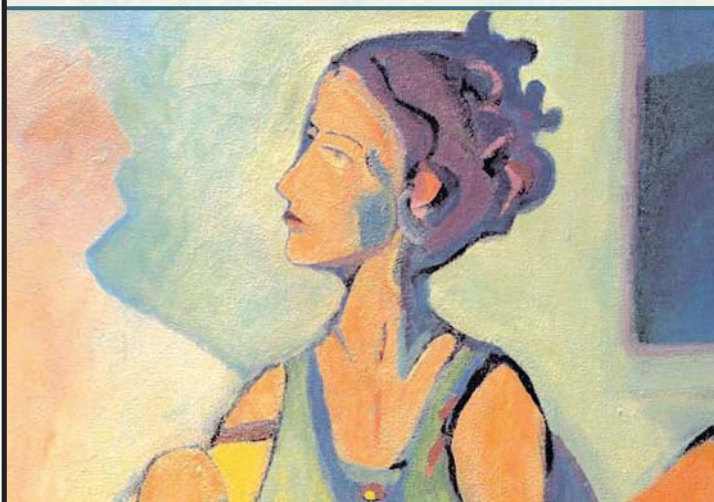
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